








Care After Minimally Invasive Heart Surgery — At a Glance

For an Emergency, Call 911

Activity 	Incision Site Care 	Medicines 	Self-care 	When to Call Your Surgeon 
<ul style="list-style-type: none"> ■ Start your cardiac rehab home program. ■ Balance rest and activity. ■ Don't sleep longer than 1 hour at a time during the day. ■ Stop what you are doing if you are short of breath or if you have chest discomfort. Rest until you feel better. ■ For 4 weeks: <ul style="list-style-type: none"> — Avoid vacuuming, shoveling, golfing, bowling, swimming, tennis and hunting. — Don't lift anything that's heavier than 10 pounds (such as full grocery bags). — Don't drive. ■ For 3 weeks: use your incentive spirometer every 2 hours while you are awake. ■ Talk with your doctor if you have concerns about sexual activity. 	<p>Your incision will take about 6 weeks to heal. It is normal to have clear or straw-colored drainage. You may also have swelling, bruising, feel itchy, feel sore and have numbness.</p> <ul style="list-style-type: none"> ■ Check your incision every day for redness and drainage. ■ Keep a bandage over your chest tube sites until a scab forms and drainage stops. ■ Take a shower with a mild soap such as Safeguard®, Dial® or Ivory®. ■ Don't put ointments, creams, lotions, cologne or perfume on your incision. 	<ul style="list-style-type: none"> ■ Take all of your medicines as prescribed each day. ■ Take your prescription pain medicine as directed. ■ Try to taper (take less of) your prescription pain medicine in a couple of days. Instead, take extra-strength acetaminophen unless your doctor says you can't take it. <p style="text-align: center;">  allinahealth.org </p> <p style="font-size: small;"> <small>© 2022 ALLINA HEALTH SYSTEM THE ALLINA HEALTH LOGO IS A TRADEMARK OF ALLINA HEALTH SYSTEM THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE. IT IS ONLY A GUIDE. cvs-ah-46750 (8/15)</small> </p>	<ul style="list-style-type: none"> ■ Eat healthful foods low in salt, fat and cholesterol. ■ Weigh yourself every morning before breakfast and write down your weight. ■ To help avoid constipation, eat more foods high in fiber (fruits and vegetables). ■ Drink many glasses of water each day, unless you have restrictions (kidney or heart failure). ■ Keep all follow-up appointments, even if you are feeling better. ■ Talk with members of your care circle about how you are feeling. ■ Do not smoke. If you need help quitting, ask your doctor.  	<ul style="list-style-type: none"> ■ Call your surgeon if you: <ul style="list-style-type: none"> — have chills and a temperature higher than 101 F — have increased soreness, drainage (green, creamy or sticky), swelling, or redness at your incision site — have new or unusual headache — need a prescription pain medicine refill. ■ Call your cardiologist if you: <ul style="list-style-type: none"> — have increased swelling in your ankles or legs — gain 3 pounds in 1 day or 5 pounds in 1 week — increased shortness of breath or fatigue — chest pain — heartbeat problems.