



Enhancing your recovery after cardiac surgery : steps you can take to get better sooner

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Available Online: View Pamphlet

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Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (22 p.) : digital, PDF file

Subjects (MeSH): Cardiovascular Diseases - surgery
Postoperative Care

Subjects (LCSH): Cardiovascular system--Surgery
Postoperative care

Abstract: After cardiac surgery, there are lots of things you can do to speed up your recovery such as: being as fit as possible before your surgery, lowering the stress of surgery on your body, and getting up and moving soon after your surgery. This pamphlet explains how to do these things. Topics include: eating well, staying active, doing your exercises, practicing post-surgery restrictions, getting ready for surgery, steps to help your recovery while in hospital, and what to expect after you leave the hospital. A diary is given to help you keep track of your recovery goals. A feedback form is also listed.

Responsibility: Prepared by: ERAS Team

Pamphlet Number: 1968