

# My Valve Surgery

Including Preparation  
and After-Surgery Care



Date of Surgery: \_\_\_\_\_

Estimated Date of Discharge: \_\_\_\_\_



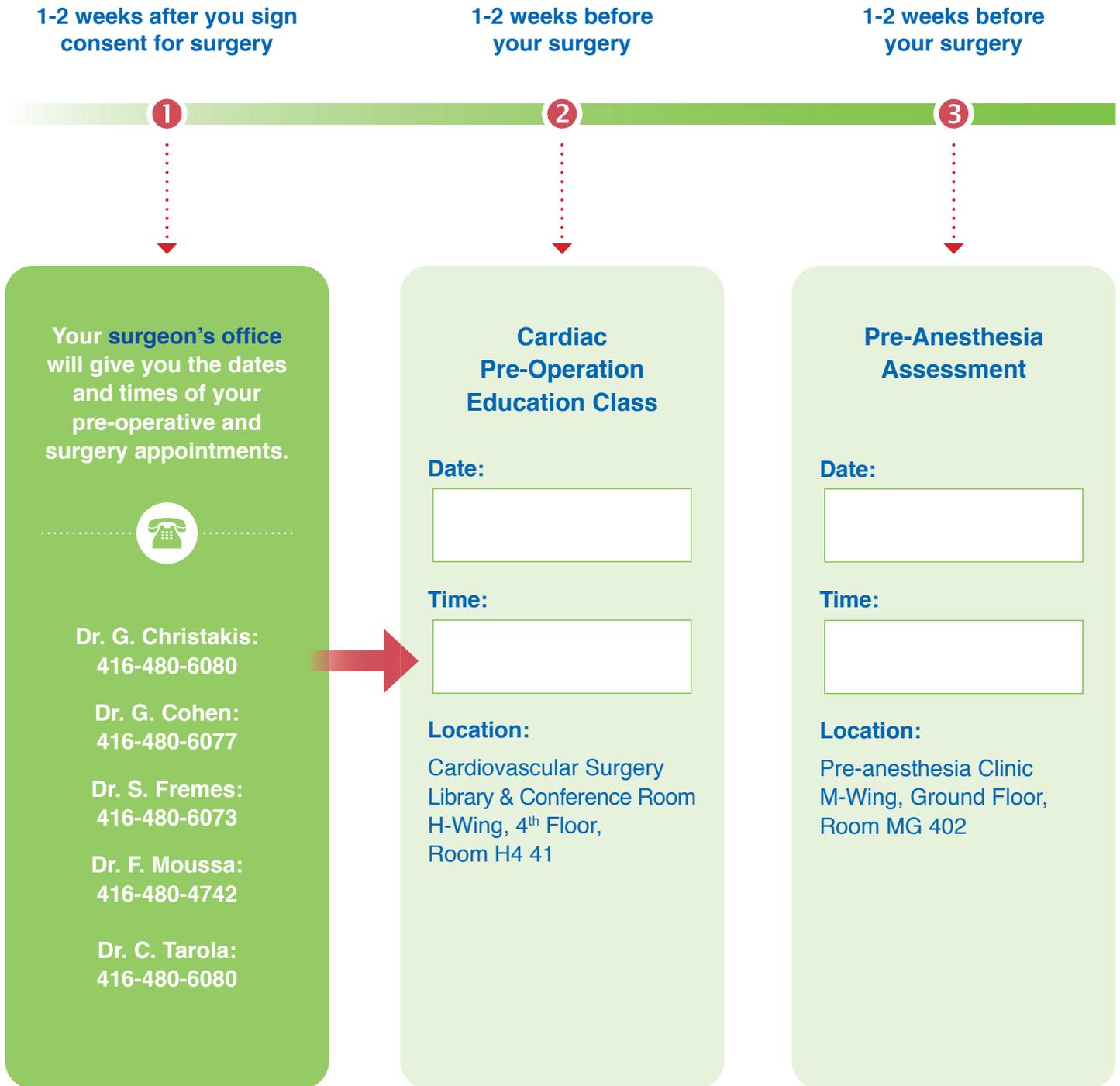
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## What is your preferred language?

Sunnybrook offers professional interpretation services to our patients. Learn more about this service at [sunnybrook.ca/interpreters](https://www.sunnybrook.ca/interpreters).

# Timeline for Patients Having Valve Surgery



1 business day  
before your surgery

The day of  
your surgery

5 days after  
your surgery

4

5

6



### Surgery

Date:

Time:

Location:

Surgical Services  
Registration Desk,  
M-Wing, Ground Floor,  
Room MG 502

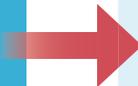
### Discharge Date

Date:

Time:

11:00 a.m.

The **pre-assessment clinic** will call you to tell you when you need to arrive at the hospital to register for your surgery.



# Timeline for Patients Having Valve Surgery

1 week after discharge

4 weeks after discharge

6-12 weeks after discharge

7

8

9

## Family Doctor Follow-up Appointment

Call your family doctor to schedule this appointment once you know your surgery and discharge dates.

**Family Doctor Name:**

**Telephone:**

**Appointment Date:**

**Time:**

## Cardiologist Follow-up Appointment

Call your cardiologist to schedule this appointment.

**Cardiologist Name:**

**Telephone:**

**Appointment Date:**

**Time:**

## Surgeon Follow-up Appointment

Call your surgeon to schedule this appointment at their discretion.

**Surgeon Name:**

**Telephone:**

**Appointment Date:**

**Time:**

## How to Use this Guide

The information in this guide will help prepare you for your heart valve surgery. It also has information about what will happen on the day of surgery and your care after the operation, including when you go home. Not everyone's journey is the same. Members of your health-care team will go over this guide with you.

We know this may be a stressful time for you and you will be given a lot of information about your medical condition. This booklet will help you keep track of what you need to do before and after your surgery. If you have any questions about the material in this booklet, please contact the Cardiovascular Coordinator at 416-480-6078.

On pages 2 to 4, there is a place to write the dates and times of all your appointments for heart valve surgery. At the back of the booklet, there are pages for you to write notes of your own. You will find an electronic version of this booklet on our website at [Sunnybrook.ca/heart](http://Sunnybrook.ca/heart).

## What is Heart Valve Surgery?

Your heart has four valves: tricuspid valve, mitral valve, pulmonic valve, and aortic valve. These valves act like one-way doors that let blood flow in and out of different sections of your heart. If any of the valves are damaged, your heart works harder to pump blood through the body. Heart valve surgery repairs or replaces damaged heart valves.

When repair is not possible, the valve is replaced with an artificial valve. There are two types of artificial valves: mechanical valves and tissue valves.

A **mechanical valve** is made of strong, durable materials that can usually last a lifetime. Patients with mechanical heart valves need to take blood-thinner medications for the rest of their lives to prevent blood clots from forming and blocking the valve.

A **tissue valve** is made of organic tissue, usually from an animal, and can last about 10 to 20 years. While tissue valves do not last as long as mechanical valves, they do not usually require long-term use of blood-thinner medication.

Speak with your surgeon to determine the best valve for you.



# Before Surgery

Please let us know if you do not have any of the below:

- **Family doctor**
- **Cardiologist**
- **Recovery Support Person:** the person who will help you when you get home. We recommend someone is available to help you for the first week (day and night) you are at home.
- **Driver:** the person who will pick you up from the hospital at 11:00 a.m. on the day you are discharged. You will also need transportation to and from any appointments.
- **Power of Attorney for Personal Care:** the person you have appointed with the legal authority to make medical decisions on your behalf if you are unable. If you do not have a Power of Attorney for Personal Care, a substitute decision maker will be appointed for you in accordance with the law.



## Cardiac Pre-Operation Education Class

This class will help you learn about what to expect and how to manage your care after your coronary artery bypass surgery. You will meet some of the team members involved in your after-surgery care, as well as a volunteer who had heart surgery at Sunnybrook.

Family members or caregivers are encouraged to attend and participate in the class, as they play a key role in your recovery.

Your surgeon's office will provide you with a date to attend the class. You can record this appointment date on page 2 of this booklet. It will likely be scheduled on the same day as your pre-anesthesia assessment appointment (see page 9), and any pre-operative testing your surgeon may request such as blood testing, chest x-ray, or electrocardiogram (ECG).



## Pre-anesthesia Assessment

At your pre-anesthesia appointment, our team will make sure you are fit and safe for surgery. Your surgeon's office will tell you the date and time of the appointment. You can record this appointment date on page 2 of this booklet. It will likely be scheduled on the same day as your cardiac pre-operation education class (see page 7) and any pre-operative testing your surgeon may request such as a blood test, chest x-ray, or electrocardiogram (ECG).

During the assessment, a nurse will ask you about your medical history, the medications you take and will talk to you about any special needs you might have after your surgery. You may also meet with a pharmacist and the anesthesiologist who will be putting you to sleep in the operating room when you have surgery.

### What do I need to do for my assessment?

Please check-in at M-Wing, Ground Floor, Room MG 402.

The visit will take place in the Pre-anesthesia Clinic (Room MG 223) and will last 2 to 4 hours.

Please eat and take all your regular medications before you come to this appointment.

### Please bring the following items to your assessment:

- This booklet.
- Your Ontario Health Card.
- The name and telephone numbers of your family doctor and any specialists who treat your medical conditions.
- All of your prescription and over-the-counter medications in the containers they came in. These include pills, inhalers or puffers, injections, eye drops, herbal medicines and vitamins.
- Only 1 family member or friend to the appointment.

## Preparing Your Body for Surgery

Preparing your body begins 14 days before your surgery. Visit Sunnybrook's ambulatory pharmacy on the first floor of M-Wing to pick up your cardiac surgery package. The package contains a suppository and antibacterial soap that you are required to use in preparation for your surgery.

Maintaining a healthy lifestyle can help prepare your body for surgery and help with your recovery after your surgery. Eat heart-healthy meals (see page 39) and continue your regular exercise routine, as advised by your doctor. Stop exercises that bring on signs of your heart problems.

14 days before surgery

1 day before surgery



Stop taking any herbal remedies, homeopathic medicines or other over-the-counter medication unless instructed by your surgeon.

If you take anticoagulants or antiplatelet medications (also known as blood thinners), your doctor or the pre-admission clinic nurse or pharmacist will tell you when to stop these medications.



Stop shaving or waxing body hair from the neck down.



Use the special antibacterial soap prescribed to you and wash from your neck down.



Insert the suppository provided to you in your cardiac surgery package into your rectum around 8:00 p.m. You can expect a bowel movement within an hour after taking the suppository.



If you think you may have trouble sleeping, speak with your family doctor about taking a sleeping pill. Feeling anxious or afraid is normal. Sometimes talking to someone helps to decrease your worry.



**DO NOT** eat solid food after midnight.

### Stop Smoking:

Smoking can affect your healing and make your chances of getting an infection after surgery higher. Try to stop or smoke less before your surgery. Speak to your doctor or nurse if you would like to quit smoking or you need help with withdrawal symptoms after your surgery. You may also visit [smokershelpline.ca](http://smokershelpline.ca) or call 1-877-513-5333.



Morning of surgery



**DO NOT** drink for 2 hours before your surgery. You may rinse your mouth with water or brush your teeth, but do not swallow. You may take a small sip of water if you are directed to take medication before surgery.



Use the special antibacterial soap prescribed to you and wash from your neck down. **DO NOT** use perfume, cologne, or other scented hair and body products. Sunnybrook is a fragrance-free hospital.



Remove all make-up, nail polish, jewelry and body piercings.

### Notes

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# The Day of Surgery

## Before Going to the Hospital

- Do not eat or drink anything before your surgery.
- Remove all make-up, nail polish, jewelry and body piercings.
- Do not use perfume, cologne, scented cream, body lotion, deodorant or hair products. Sunnybrook is a fragrance-free hospital.
- Do not smoke any tobacco products or recreational drugs.
- Do not take any prescription, over-the-counter or herbal medications unless directed by your pharmacist or surgeon.

### What to bring to the hospital:

- This booklet.
- Your Ontario Health Card.
- Glasses, dentures, hearing aids and any walking aids you may need.
- Sleep apnea machine (CPAP or BIPAP), if you have one.
- Non-slip footwear. Women should also bring a comfortable bra without a front closure or underwire.
- Toiletries, such as a toothbrush, toothpaste and facial tissues.
- Your prescription and over-the-counter medications in the containers they came in. These include pills, inhalers or puffers, injections, eye drops, herbal medicines and vitamins.
- A copy of your legal documents for advanced directives and power of attorney for personal care, if you have them.
- A smartphone, tablet or other device to enjoy entertainment during your hospital stay. Visit [sunnybrook.ca/BYOD](https://www.sunnybrook.ca/BYOD) for more information.

**Please note: The hospital cannot accept responsibility for lost, stolen, or damaged items. We advise that you do not bring large amounts of cash, jewelry or other valuables.**



## Registration

When you get to the hospital, check-in at the Surgical Services Registration Desk in the M-Wing, Ground Floor, Room MG 502.

After you check-in, you will be asked to put on a hospital gown and all of your personal clothing will be given to your family. A nurse will then bring you to a room to prepare you for surgery. The nurse will sanitize your skin, clip any body hair, and carry out any orders from the surgeon.

### Note:



Sometimes surgery cases are cancelled because there is someone else who needs an emergency surgery. If this happens to you, you will be contacted by the cardiovascular surgery coordinator and a new surgery date will be booked as soon as possible.

## Operating Room

Once you have finished your pre-surgery registration, nurses will complete the final checks and an intravenous (IV) will be started in your hand. When your surgeon is ready, you will be brought to the operating room and your family will be directed to the waiting room on the second floor of the M-Wing (M2). You will participate in a safety checklist with your surgeon and the health-care team before your surgery begins. The surgery usually takes between 4 to 6 hours.

### What will happen during my surgery?

- You will be put to sleep using a general anesthetic. The medication to make you sleep will be given through your IV.
- When you are asleep, a tube will be placed in your throat to help you breathe.
- You will be connected to a heart-lung bypass machine, which provides oxygen to your blood during surgery.
- An incision (cut) is made through your breastbone to give the surgeon access to your heart.
- Your diseased valve will then be repaired or replaced by the surgeon with either a mechanical or tissue valve as previously discussed.
- The incision is closed with stitches that dissolve and are covered with a dressing or bandage.

During your surgery your family can stay in the waiting area on the second floor of the M-Wing (M2). They may also want to get food or visit the Parking and Transportation Services Office on the ground floor of C-Wing (Room CG 01) to purchase a discounted weekly parking pass.

### What will happen after my surgery is done?

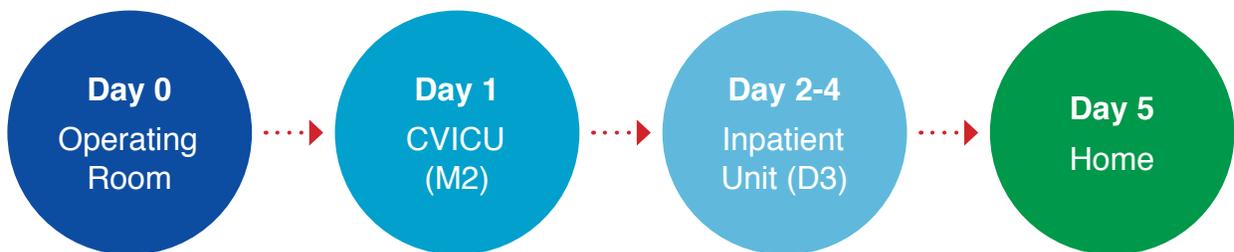
After the surgery is done, you will be taken to the Cardiovascular Intensive Care Unit (CVICU) on the second floor of the M-Wing (M2) for your recovery.

The surgeon will go to the M2 waiting room to speak with your family after the surgery is completed. If your family members or caregivers are not in the waiting room immediately following surgery, the surgeon will contact them by telephone.

After the surgeon speaks with your family members or caregivers, it will take another hour to transfer and settle you into the CVICU. Your family will then be welcomed in for their first visit.

You will have constant, specialized care by a team of doctors, nurses and other health-care professionals who will work together to meet your individual needs. For information about our critical and intensive care units, visit our website at [sunnybrook.ca/navigatingtheicu](http://sunnybrook.ca/navigatingtheicu).

Patients are typically in the CVICU for 24 hours. Once you are medically fit, you will likely be transferred to our inpatient unit on the third floor of the D-Wing (D3) until you are discharged home.



### Care Closer to Home

If you have been transferred to Sunnybrook for specialized care that you could not have received locally, you will be transferred back to the hospital closer to home when your specialized care is complete. For more information, visit [sunnybrook.ca/repatriation](http://sunnybrook.ca/repatriation).



# After-Surgery Care

## How will I feel after my surgery?

After the surgery is done, you will wake up in the Cardiovascular Intensive Care Unit (CVICU). When you wake up, you may notice a lot of tubes and equipment. Please do not be concerned: a nurse will be tending to you and the equipment.

- You may have a sore throat and hoarseness from the breathing tube that was in place during your surgery.
- You may feel tired from the medications you were given.
- You may have some bruising and tenderness in the area of your operation.
- You will continue to get pain medication through your intravenous catheter (IV) in your arm. The IV stays in for approximately 2 to 3 days.
- Medications may cause temporary delirium (see page 20). You may have restraints on your arms if you are at risk of harming your care.

Most patients admit they do not remember the first few days after surgery.



## Getting Moving

Getting moving after surgery can help prevent some common complications such as pneumonia, blood clots in the legs, and muscle weakness or stiffness. Your nurse will help you sit over the edge of the bed and dangle your feet within the first 8 hours after your surgery. They will also help you sit in a chair for all your meals.

On the first day after surgery, a physiotherapist will assess you and assist you with deep breathing, coughing, exercises and general mobility. Use the inpatient progress tracker on page 23 to track your progress throughout your CVICU and inpatient unit stay.

**Don't Fall, Call:**

Please call for assistance when you need help getting up. Wear non-slip footwear and any aids such as glasses, hearing aids and a walker to help prevent you from falling.

**Deep Breathing and Coughing**

Breathing deeply gets air down to the bottom of the lungs. It helps clear mucus to prevent you from getting a lung infection. Breathe in deeply through your nose until your lungs feel full of air. Hold the air in your lungs for 2 to 3 seconds, and then slowly breathe out through your mouth. Repeat 10 times.

After your breathing exercises, hug your chest and have tissues ready. Take a deep breath in followed by a strong cough. Repeat this two times. Coughing may be uncomfortable, but it will not cause any damage to the breastbone.

Practice deep breathing and coughing **every hour** you are awake.



5-10 deep breaths



2 double coughs

**Ankle Pumps**

Pumping your ankles can help circulation. Pull your toes toward you and then push down like on a gas pedal. Repeat 10 times. Practice ankle pumps **every hour** you are awake.

**Walking**

Walking usually begins on the second day after surgery when you are on the inpatient unit. You will need some help at the beginning. You may be using a walker and/or portable oxygen. By the third day, most people are able to walk short distances on the unit with little assistance. Walks last 3 to 4 minutes at a comfortable and safe pace, three times a day.

## Swelling

**It is common for your legs to swell after heart surgery. Here are ways you can help decrease swelling and improve circulation:**

- Do ankle pumping, lower leg exercises, and walk frequently. Avoid standing or sitting for long periods of time.
- When resting in bed, use pillows to raise your legs higher than your heart. When sitting in a chair, elevate your feet using a foot stool.
- You may be instructed to wear compression stockings.
- **DO NOT** cross your legs – this limits blood flow.

Swelling should decrease within a few months. If you notice persistent swelling in both ankles, let your doctor know.



## Nutrition

Good nutrition is important for your recovery after surgery. Avoid any weight loss until you have recovered from your surgery and your incisions have healed.

After surgery, you will start with clear fluids like broth, juice or Jell-O. If this is tolerated well, you will progress at the next meal to heart-healthy meals that are low in fat, cholesterol and salt. Many patients experience poor appetite, nausea, and change in taste after surgery. This usually resolves in time.

Ask the nurse if you want to speak to a dietitian during your stay. A dietitian can work with you to improve your nutrition by discussing your food preferences, adjusting your diet in hospital and offering nutritional supplements if necessary. For heart-healthy eating tips when you are at home, see page 39.

## Emotional Changes

It is common to become sad, depressed or more emotional after any major surgery. It is often related to the anesthesia, medications, lack or loss of sleep, and stress. Your loved ones may also experience several emotions, including helplessness, fear and overprotectiveness. These feelings may come and go over a period of time and usually pass in 6 to 12 weeks. If these feelings continue for several months after your surgery or interfere with your day-to-day care, please speak with your doctor.

## Delirium

After surgery, you may experience temporary changes to your thinking and behaviour. You may become disoriented, forgetful or have difficulty thinking clearly. Your health-care team will ask you questions to assess for signs of delirium and determine the best ways to help prevent or manage your condition. Visit [sunnybrook.ca/delirium](https://www.sunnybrook.ca/delirium) for help on preventing and recovering from delirium.

## Pain and Discomfort

Each patient experiences pain and discomfort in a different way. After heart surgery, you may feel discomfort in the chest and wound sites for several weeks as you heal. This pain may also be in your arms, neck and shoulders. The pain has been described by patients as a dull ache, stiffness or pulling sensation and is usually relieved by pain medication.

If the medication is not providing relief, or you are having angina or other chest pain, speak with a member of your health-care team.

## Constipation

Constipation is common as a result of your pain medication, reduced activity levels or iron supplements. While in hospital, you may be given a laxative to avoid straining your body. If constipation continues to be a problem, talk to a pharmacist or your doctor.

## Medication

Changes will be made to your medications after your surgery. New medications, such as blood thinners, may be added for long-term heart protection, which may require ongoing blood monitoring. You may also be prescribed some temporary medications to help with pain or constipation after surgery.

A new prescription will be given to you on the day that you are discharged – this prescription will be a complete list of all the medications you are to take when you go home. A member of your health-care team will review your medications with you before you go home. Your family doctor, cardiologist, or surgeon will review these medications on your follow-up appointments and provide refills as needed.

Fill your discharge prescription on the day you go home to avoid missing any medications. You may fill your prescription at Sunnybrook's ambulatory patient pharmacy on the first floor of M-Wing or at your local community pharmacy. If you do not have medication coverage and cost is a concern, please discuss with your health-care team.

Contact your doctor or pharmacist if you have any questions about your medications and potential side effects.

### Antibiotics and Dental Care

Please let your dentist and all other health-care providers know that you have had heart valve surgery.

To reduce the risk of infection to your heart valve (called infective endocarditis), you may be asked to take preventative antibiotics 30 to 60 minutes before undergoing certain types of dental work, including cleaning or respiratory procedures.



## Sleeping

It is important to your recovery to rest and sleep. After surgery, it is common to have temporary changes of sleep habits. You may have difficulty sleeping because of pain or anxiety. Consult your doctor if you have trouble sleeping.

### Infection Control:



Please clean your hands each time you enter and leave your room and unit using the hand sanitizer stations throughout the hospital.

Friends and family should not visit you if they are sick.

## Preparing to Go Home

Your health-care team has evaluated your progress since your operation and has decided that you are ready to leave the hospital. By the time you are discharged you should be able to take frequent walks around the inpatient unit on your own and have a shower.

The recovery period after you leave is individual and can last for 6 to 12 weeks. How long you spend recovering depends on your age, activity level before surgery, general health and your progress in hospital. Do everything in moderation.

We recommend someone be available at home to assist you. You will feel tired, and normal tasks such as showering or preparing food might be more challenging than usual. To let your breastbone heal, you will not be allowed to lift anything greater than 2.3 kilograms (5 pounds) – which is almost everything.

## Your Discharge Checklist

- Arrange for you to be picked up by 11:00 a.m. on the day of discharge. Make sure your family brings you loose fitting clothing **on the day before** you go home.
- Speak to your physiotherapist about follow-up exercises and outpatient cardiac rehabilitation programs. A **discharge class** is scheduled every Monday, Wednesday and Friday at 10:30 a.m. in the patient lounge on D3.
- Review the discharge paperwork with your nurse, including follow-up appointments and letters for your family doctor.
- Review your discharge prescriptions with your doctor, nurse or pharmacist.
- Arrange for someone to be home with you or nearby for the first week to help you, if you haven't done so already. Remember you will not be able to lift more than 2.3 kilograms (5 pounds).
- Bring this booklet home with you. It contains information about your home recovery program.



## Notes

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## My Inpatient Progress Tracker

Your health-care team will help you get moving throughout your stay in the CVICU and inpatient unit. You can use this table to track your progress. The progress tracker follows our expected pathway to recovery, but recovery is different for each person. Please do not be discouraged if your progress isn't exactly as shown.

Day 0 (Day of Surgery)	
You will be in the CVICU. One nurse will be with you at all times. Your breathing tube will be removed about 6 hours after surgery. Your nurse will then help you with the activities below over the next 8 hours.	
Sit on the side of your bed.	<input checked="" type="checkbox"/>
Day 1	
Your chest tube will be removed. Your care team will help you with the activities below. By the end of the day, you will move to the D3 inpatient unit. On the inpatient unit, you should be wearing closed-toe, rubber-sole slippers. Women should also be wearing a comfortable bra.	
Sit in a chair for all three meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Deep breathing and coughing.	<input type="checkbox"/>
Ankle pumps.	<input type="checkbox"/>
Day 2	
You will stay on the D3 inpatient unit. Your urine catheter will be removed and you will be expected to walk to the bathroom with help.	
Walk for 3-4 minutes with help.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sit up in a chair for three meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Deep breathing and coughing.	<input type="checkbox"/>
Ankle pumps.	<input type="checkbox"/>

### Day 3

You will stay on the D3 inpatient unit. Your pacing wires will be removed. If you haven't had a bowel movement, you may be given medication to help.

Walk for 3-4 minutes alone or with help, as directed.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sit up in a chair for three meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Deep breathing and coughing.	<input type="checkbox"/>
Ankle pumps.	<input type="checkbox"/>
Shower with help after your pacing wires are removed.	<input type="checkbox"/>

### Day 4

You will be going home tomorrow. Have your family bring you clothes if they haven't already.

Walk for 3-4 minutes alone or with help, as directed.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sit up in a chair for three meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Deep breathing and coughing.	<input type="checkbox"/>
Ankle pumps.	<input type="checkbox"/>

## Day 5

You will be going home today. Your dressings over your incision will be removed. Your driver should arrive at 11:00 a.m. and pick you up on D3. If your driver is late, you will be moved to the patient lounge to wait.

Sit up in your chair for breakfast.

Get dressed to go home.

Continue with your walking and ankle pumps until you are discharged.



### Did you attend the discharge class?

We recommend that you and your caregiver(s) attend one of our discharge classes to help you prepare for your transition home.

Discharge classes are scheduled every Monday, Wednesday and Friday at 10:30 a.m. in the patient lounge on our cardiac inpatient unit, D-Wing, third floor.

# Taking Care of Your Incisions

The appearance of your incisions will improve over time. During the first weeks after surgery you may notice itching, swelling, redness or bruising, numbness or soreness around your incisions. You may also notice small amounts of fluid coming from the incisions used for your chest tubes. This is common and will gradually disappear.

If you experience discomfort you may take acetaminophen (Tylenol) or another medication ordered by your doctor.



## Use bandages if you want to.

Covering your incisions with bandages is not necessary. If you experience some drainage from your chest tube incisions, you may want to use a bandage to protect your clothing.

**DO NOT** apply any lotions, creams or powders until your incisions are healed and the scabs have come off.



## Wear comfortable clothing.

Women should wear a comfortable bra to put less stress on the incision. Avoid bras with front closures or underwire if they touch the incision.



## Protect your incision from direct sunlight.

To help your wound heal, cover your incision from sunlight for about 1 year.

# Getting Back to Daily Activities

## When should I get medical help if I run into problems?

**Contact your family doctor or go to the nearest emergency department if you notice any of these symptoms:**

- Extreme tenderness, bruising, redness or yellow/green drainage from any of your incisions (cuts).
- Angina or chest pain like you may have had before surgery.
- Pain in the chest, neck or shoulder that is worse when taking a deep breath.
- Fever of 39 degrees Celsius (100 degrees Fahrenheit) or higher for more than 24 hours.
- Shortness of breath that goes on for more than a few minutes after an activity has stopped or while you are at rest.
- Weight gain of 1.4 kg (3 lbs) each day for 2 days in a row.
- Fatigue or tiredness that is much worse than you had before surgery and doesn't improve in 2 to 3 days.

**While you are exercising: If you feel any of the below symptoms, stop and rest. Wait for the symptoms to pass. If symptoms last longer than 10 minutes, go to the nearest emergency department.**

- Chest pain
- Shortness of breath
- Dizziness or lightheadedness
- Excessive fatigue
- Excessive sweating
- Palpitations or a racing heartbeat



## Your Recovery Moving Forward

During the recovery period, your body sees any activity as work. It is normal to feel more tired than usual. The goal is progressive activity – doing a little more each day. You may feel like you are able to do more, but it is better to follow the recommended guidelines and do everything in moderation.

During the next 6 weeks, it is important to listen to your body. It will let you know when it needs rest, just as it will let you know when you feel energetic and able to begin or continue an activity.

This activities section of the booklet is designed to instruct you on an exercise program to perform in the first 4 to 6 weeks at home after your surgery. It is important that you take control of your recovery by recording your activity and progress using the activity tracker on page 35.

Following the suggestions in this booklet will help you have an easy, safe, and comfortable recovery.

### Cardiac Support Group



If you are recovering from open heart surgery or other heart procedures, talking with people who understand exactly what you are experiencing both physically and emotionally may help with the recovery process. Our Cardiac Support Group offers a safe, inclusive environment where patients and families can share their experiences, concerns, fears, and strategies for recovering.

Visit [sunnybrook.ca/cardiacsupportgroup](https://www.sunnybrook.ca/cardiacsupportgroup) for more information.

## Cardiac Rehabilitation Program

There are a number of outpatient cardiac rehabilitation programs across the province that are designed for people who are recovering from heart attacks, heart surgery or who are living with various heart and circulation conditions.

Six weeks after your surgery, we recommend you participate in an outpatient cardiac rehabilitation program close to home. Please follow-up with the rehabilitation facility you were referred to by your physiotherapist before being discharged from hospital. These programs are designed to improve your strength and the health of your heart. Until your rehabilitation program begins, please follow the home exercise program below.

## Your Home Exercise Program

### Deep Breathing and Coughing

Your lungs may continue to produce an increased amount of fluid for one to two weeks after you are home from the hospital. To help clear mucus and prevent you from getting a lung infection, you should continue the same deep breathing and coughing exercises that the team taught you while in hospital.

#### Instructions

- Support the incision when coughing or sneezing by hugging your chest.
- Take 5 to 10 deep breaths followed by 2 double coughs 4 times a day for another 2 weeks after you leave the hospital.

Repetitions	Frequency
4	Daily



5-10 deep breaths



2 double coughs

### Walking

This walking program will improve the fitness of your heart, lungs and muscles. All muscles must be built up slowly, and the heart is no exception. This walking program will gradually reintroduce your heart to exercise, starting with very short walking periods. It begins with such short walks that you may be tempted to skip some levels. Follow the guidelines and give your heart time to adjust to increasing amounts of work.

## Instructions

- Begin walking using the guidelines in the activity tracker on page 35. Within the first two weeks, aim to improve approximately one level per day. Thereafter, progress through the weeks as described.
- Walk at a comfortable pace on a level surface. Do not include any stairs in your walking program.
- When you can walk for 10 minutes, you may walk outdoors. Exercise indoors if the weather is extremely cold or hot or if there is high humidity or poor air quality. Some good indoor places to walk are a local shopping centre, apartment hallway, or recreation centre.
- Be sure to plan your walks and communicate your route with your support person. Do not walk in secluded areas. Walk in areas that are emergency vehicle accessible and bring a cell phone with you.
- If the suggested progression is too tiring, or if you miss one day, stay on the same level for another one or two days. If you feel tired or unwell, or have not exercised for two or more days, drop a level when you begin again.

## General Exercises

This general exercise program should be integrated into your daily schedule once you are comfortable with the walking program. The program is designed to help alleviate muscle stiffness, fatigue and poor posture and to improve strength and flexibility. This is different from the walking program, which is for cardiac fitness. Therefore, one program cannot substitute for the other.

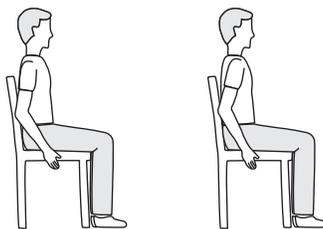
Your physiotherapist may make changes for you as required before you leave the hospital.

## Instructions

- The exercise program should be done once a day and can either be completed all at once or spread-out throughout the day.
- All exercises should be done slowly with relaxed, deep breathing. Make sure you are not holding your breath during the difficult parts of any exercise. The exercises should be comfortable and painless. Do not push any exercises or activity to the point of discomfort or pain.

### Shoulder Rolls

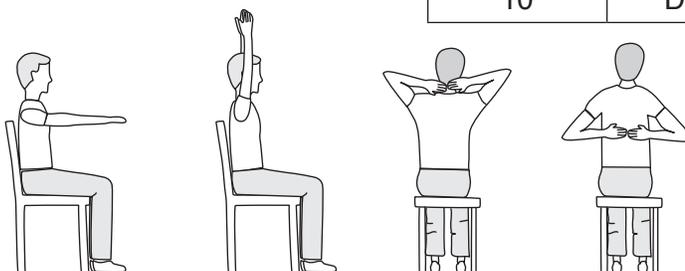
Roll shoulders forward in a circle 10 times. Roll shoulders backwards in a circle 10 times. Relax. Practice this exercise once, every day.



Repetitions	Frequency
1	Daily

### Arm Exercise

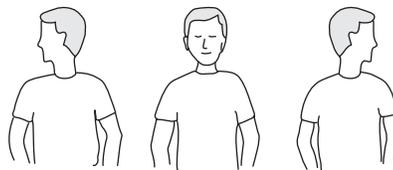
Begin with arms straight out in front at shoulder level. Take a deep breath while raising your arms above your head. While breathing out, touch behind your neck, then lower your arms behind your back. Relax. Repeat 10 times, every day.



Repetitions	Frequency
10	Daily

### Neck Stretch

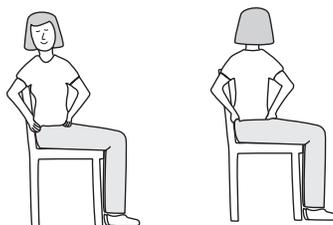
Turn your head to look over one shoulder, back to centre, then look over the other shoulder. Repeat 10 times, every day.



Repetitions	Frequency
10	Daily

### Trunk Rotation

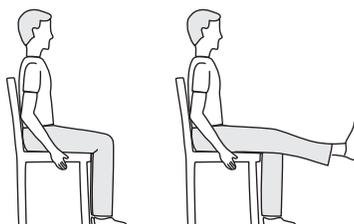
Put your hands on your hips and feet flat on the floor. Slowly twist your waist and shoulders around to look behind you. Left, then right. Repeat 10 times, every day.



Repetitions	Frequency
10	Daily

### Leg Straightening

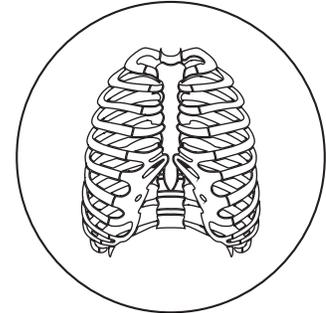
Keep your thighs on the chair, straighten one leg. Relax that leg and then straighten the other leg. Repeat 10 times, every day.



Repetitions	Frequency
10	Daily

## Activity Guidelines After Surgery

During your surgery, your sternum (or breastbone) was cut. It takes 6 weeks for the bone to heal, so certain activities should be avoided during that time. Activities to avoid are those that cause pulling or uneven strain on the breastbone, or activities that put you at risk for reinjuring the bone.



Avoid activities that require fast movements and quick reflexes, as these will be slowed for a few weeks due to soreness, weakness, fatigue and medication.

### Lifting and Straining

Do not lift items greater than 2.3 kilograms (5 pounds), for example: laundry baskets, groceries, telephone books, luggage, pets, children or infants. Do not push or pull heavy objects such as doors, furniture or appliances, or try to open stuck windows or jar lids. Do not strain when having a bowel movement. Speak to your doctor or pharmacist if you have constipation.

### Driving

Do not drive for 6 weeks and until you obtain permission from your cardiologist. When in the car, avoid seats with airbags – sit in the back seat until your breastbone has healed. Shoulder straps of seatbelts are required, but you may use a pillow underneath the strap to pad for comfort. Your insurance may change as a result of your heart surgery. Contact your insurance provider to be sure you are covered.

### Housework or Yardwork

Do not do strenuous house or yard work such as sweeping, mopping, or scrubbing for the first 6 weeks. Avoid snow shoveling and consider investing in a snow blower or snow removal service.

### Bathing or Showering

Avoid extreme temperatures in the bath or shower. Lukewarm water is best and use mild, unscented soap. Use a handheld showerhead if possible or sit under a running shower. We recommend renting a shower chair or bath bench to use for the first 4 to 6 weeks. Avoid baths until your incision has healed. Check with your cardiologist before using a hot tub or sauna.

## Climbing Stairs

Stairs are safe to use after surgery, but not as exercise. Limit stair use to once or twice a day for the first 1 to 2 weeks. Take one step at a time, pausing every 3 to 4 steps to take deep breaths. Hold onto the handrail.

If you've had a vein in your leg removed during your surgery and still have pain, follow the general rule: "up with the good leg, down with the bad leg" – step up with the leg that does not have the incision and step down with the leg that has the incision.

## Travelling

Check with your family doctor and travel insurance provider when considering travel plans. If travelling in a car for longer durations, take rests each hour and get out of the car to do a short walk. If possible, avoid using public transit where you may need to stand: holding onto a hand rail while the vehicle is moving may cause strain on your healing chest bone.

## Sexual Activity

It is safe to return to sexual activity when you are able to climb 2 flights of stairs continuously without becoming short of breath. Upon returning to sexual activity, be mindful of the positions chosen, respecting the activity guidelines for your breastbone (for example, supporting yourself or your partner will put too much stress on your breastbone). For the first 6 weeks, use a side-lying position. Consult your cardiologist with any further questions.

## Sleeping

Avoid sleeping on your stomach until your breastbone has healed. If you are uncomfortable sleeping on your back, you may want to place pillows under one side of your back so you are slightly turned.

## Returning to Work

Returning to work depends on the demands of your job and on your recovery. Discuss your return to work with your cardiologist and/or your cardiac surgeon.

## Quick Reference Guide to Common Activities

Some common activities you may wish to do after surgery and the time periods you must wait after surgery before doing them are listed below. These recommended waiting periods are minimum guidelines only. You may wish to wait longer. Only begin an activity when you feel strong enough.

We encourage you to write down the activities that are important to you and ask your cardiologist and surgeon for advice of when you can start them again.

Household Activities	Recreational Activities	
<b>As soon as you feel able</b>		
<ul style="list-style-type: none"> <li>• Light housekeeping</li> <li>• Preparing simple meals</li> <li>• Setting or clearing the table</li> <li>• Sexual activity</li> <li>• Climbing stairs</li> </ul>	<ul style="list-style-type: none"> <li>• Going to the hairdresser or barber</li> <li>• Golfing (putting only)</li> <li>• Handicrafts</li> </ul>	<ul style="list-style-type: none"> <li>• Playing cards</li> <li>• Riding in the car as a passenger</li> <li>• Visiting friends or having visitors</li> </ul>
<b>Wait at least 6 weeks and check with your cardiologist</b>		
<ul style="list-style-type: none"> <li>• Cleaning windows</li> <li>• Light gardening</li> <li>• Mopping, polishing or scrubbing</li> <li>• Mowing lawn (riding mowers only)</li> <li>• Vacuuming</li> </ul>	<ul style="list-style-type: none"> <li>• Dancing</li> <li>• Golfing with power cart (9 holes)</li> <li>• Horseback riding (at a walk)</li> <li>• Jogging</li> <li>• Light carpentry</li> <li>• Painting</li> </ul>	<ul style="list-style-type: none"> <li>• Racquet sports</li> <li>• Skating</li> <li>• Stationary bike (no resistance)</li> <li>• Swimming (after incisions are healed)</li> <li>• Volleyball</li> </ul>
<b>Wait at least 3 months and check with your cardiologist or surgeon</b>		
<ul style="list-style-type: none"> <li>• Chopping wood</li> <li>• Heavy gardening</li> <li>• Heavy housework</li> <li>• Pushing lawn mower or snow blower</li> <li>• Tractor riding</li> </ul>	<ul style="list-style-type: none"> <li>• Bowling</li> <li>• Curling</li> <li>• Golfing (18 holes)</li> <li>• Horseback riding (at a trot)</li> <li>• Hunting</li> </ul>	<ul style="list-style-type: none"> <li>• Overhead painting</li> <li>• Riding a skidoo or motorcycle</li> <li>• Rowing</li> <li>• Skiing</li> <li>• Scuba diving</li> </ul>

## My Activity Tracker

The home exercise program, walking program, and other activities should be spread throughout the day and separated by periods of rest.

Use the table below to track your progress. Remember to listen to your body and know when it needs rest. Even as your strength and activity progresses, **do not** lift items greater than 2.3 kilograms (5 pounds) and avoid pushing or pulling objects (doors, furniture, appliances) for 6 weeks after surgery.

Week 1	
<p><b>Activity Guidelines:</b> Your level of activity should be similar to the hospital activity routine that you reached before you were discharged. Manage your fatigue by taking rests as needed. Complete your exercises indoors.</p>	
<b>Day 1</b>	
Deep breathing and coughing	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>5 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 2</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>6 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 3</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>7 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

<b>Day 4</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>8 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 5</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>9 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 6</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>10 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 7</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>11 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

<b>Week 2</b>	
<b>Activity Guidelines:</b> You may take on more normal levels of activity such as light housework, playing cards, crafts, preparing simple meals, sexual activity. If you can walk comfortably for 10 minutes, you may walk outdoors if the weather is not too hot or too cold.	
<b>Day 8</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>12 minutes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

<b>Day 9</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>13 minutes</b>	<input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 10</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>14 minutes</b>	<input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 11</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>15 minutes</b>	<input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 12</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>16 minutes</b>	<input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 13</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>17 minutes</b>	<input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>
<b>Day 14</b>	
Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for <b>18 minutes</b>	<input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

### Week 3

**Activity Guidelines:** Continue with the light activities you started in Week 2, but remember you must not lift items greater than 2.3 kg (5 lbs) or push or pull heavy objects (heavy doors, furniture, appliances).

Walk **25-30 minutes** once daily

Exercise program

### Week 4

**Activity Guidelines:** Chores such as light yard work, washing the car or preparing meals may be started, but remember to avoid lifting items over 2.3 kg (5 lbs) and straining your breastbone. Discuss returning to work with your cardiologist.

Walk **30-35 minutes** once daily

Exercise program

### Week 5

**Activity Guidelines:** Continue with your activities you started in Week 4.

Walk **35-40 minutes** once daily

### Week 6

**Activity Guidelines:** Your sternum (breastbone) should now be healed. All of your usual activities before your surgery may be resumed gradually and sensibly. If you never exercised before your surgery, discuss this with your doctor or physiotherapist.

Walk **40-45 minutes** once daily

# Healthy Living

By living a healthy lifestyle, you can help reduce and manage your risk factors for heart valve disease and better maintain your newly repaired heart. You can find many healthy living tips on Sunnybrook's Your Health Matters blog at [health.sunnybrook.ca](http://health.sunnybrook.ca).

## Heart-Healthy Eating

Many risk factors for heart disease – such as high blood pressure, cholesterol, obesity and diabetes – are affected by your food choices and eating habits. Read the nutrition label on food products to help you make healthy choices. Choose foods that are low in fat, such as lean meats and low-fat dairy products. Fruits, vegetables and whole grain products are high in fibre and help to lower cholesterol. You should also limit your salt and sugar intake. Use the table below to help make heart-healthy eating choices.

Choose	Sometimes	Avoid
<b>Fruits &amp; Vegetables</b> Enjoy a piece of fruit after each meal. Choose colourful vegetables, and make sure they fill up half of your plate.		
<ul style="list-style-type: none"> <li>• Fresh or frozen fruits and vegetables</li> <li>• Canned fruit, drained</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Canned vegetables, drained and rinsed</li> <li>• Dried fruit (without hydrogenated oil)</li> </ul>	<ul style="list-style-type: none"> <li>• Juice</li> <li>• Pickled vegetables</li> <li>• Coconut</li> </ul>
<b>Grain Products</b> Look for products with more than 4 grams of fibre per serving.		
<ul style="list-style-type: none"> <li>• Whole grain or multi-grain breads, cereals, pasta</li> <li>• Oatmeal</li> <li>• Popcorn (no butter, air popped)</li> <li>• Rice (brown, wild or red)</li> <li>• Barley, couscous, quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• Low fat muffins</li> <li>• Noodles made with white or enriched flour</li> </ul>	<ul style="list-style-type: none"> <li>• Chips and salted snack foods</li> <li>• Croissants, full fat muffins, pastries, donuts, pancakes and waffles</li> </ul>

Choose	Sometimes	Avoid
<p><b>Dairy &amp; Alternatives</b> Enjoy skim or 1% dairy products and cheeses with less than 16% M.F. (Milk Fat).</p>		
<ul style="list-style-type: none"> <li>• Skim or 1% milk</li> <li>• Cheese (less than 16% M.F.)</li> <li>• 0% or 1% yogurt</li> <li>• Soy beverage (plain, unsweetened)</li> </ul>	<ul style="list-style-type: none"> <li>• 2% milk and yogurt</li> <li>• Light cream cheese</li> <li>• Soy beverage (flavoured)</li> <li>• Cream sauces (made with 1% milk)</li> </ul>	<ul style="list-style-type: none"> <li>• Homogenized milk</li> <li>• Cream of any type; cream sauces made with 2% milk or greater</li> <li>• Cheese (greater than 16% M.F.), processed or spreads</li> <li>• Yogurt, greater than 2%</li> </ul>
<p><b>Meats &amp; Protein Alternatives</b> Choose lean meats and poultry. Enjoy fish and legumes at least twice per week. Limit nuts and nut butters to 3-4 tablespoons per day.</p>		
<ul style="list-style-type: none"> <li>• Egg whites</li> <li>• Fish (fresh, frozen, canned in water)</li> <li>• Legumes (peas, beans, lentils)</li> <li>• Lean beef, pork, veal</li> <li>• Poultry (skinless)</li> <li>• Shellfish (scallops, oysters, shrimp)</li> <li>• Tofu and soy products</li> </ul>	<ul style="list-style-type: none"> <li>• Egg yolks (limit to 3 per week)</li> <li>• Nuts (walnuts, almonds, ground flaxseed)</li> <li>• Natural peanut and nut butters</li> </ul>	<ul style="list-style-type: none"> <li>• Meat or fish that is cured or smoked, pickled, breaded, fried</li> <li>• Processed or deli meats (bacon, ham, sausages)</li> <li>• Fish packed in oil</li> <li>• Organ meats (kidneys, liver, heart)</li> <li>• Peanut butter made with hydrogenated oil</li> </ul>
<p><b>Fats &amp; Oils</b> Limit fats to 6-9 teaspoons per day.</p>		
	<ul style="list-style-type: none"> <li>• Margarine (non-hydrogenated)</li> <li>• Plant-based oils: olive, flax, canola</li> <li>• Salad dressings (vinagrettes)</li> <li>• Mayonnaise, low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Butter, lard, fat, drippings from meat</li> <li>• Hard margarine (hydrogenated)</li> <li>• Fat, bacon</li> <li>• Oils: palm, palm kernel, coconut</li> <li>• Gravy</li> </ul>

## Limit Alcohol

Alcohol may increase triglycerides, which are a type of fat in the blood that makes the blood thicker and increases the risk for a clot. If you have high triglycerides, you should avoid having alcohol on a regular basis. Ask your family doctor if you are unsure about your triglyceride levels.

## Take Your Medications

Take your medications regularly as prescribed. If you have concerns about managing your medications, speak with your community pharmacy about using a dosette (pill box) or pre-arranging your medications in weekly blister packs. If you experience side effects, talk to your doctor or pharmacist.

## Check Your Blood Pressure

High blood pressure puts a strain on your heart and increases the speed that plaque forms in your arteries. Check your blood pressure regularly as directed by your doctor and take medications as prescribed. Minimize your sodium (salt) intake and exercise regularly.

## No Smoking

Smoking makes your heart work harder. It increases your heart rate, narrows blood vessels, raises blood pressure, and reduces the amount of blood, oxygen and nutrients that get to your heart. Second hand smoke can cause the same effects. By not smoking you will reduce your risks of coronary artery disease over time. Ask your doctor or pharmacist for ways of helping you stop or reduce smoking. You may also visit [smokershelpline.ca](http://smokershelpline.ca).

## Exercise Regularly

Physical activity can help you feel better, decrease symptoms and improve your heart's function. Be sure to talk to your doctor before starting an exercise program or increasing your activity level. The key is to be active slowly and regularly. The goal is to do 30 minutes of activity a day for five days each week. This can be split into parts, such as three ten-minute blocks of activity.

## Manage Stress

Difficulties coping with stress may increase your risk of having a heart attack. Stress is a necessary part of living. It helps us respond to emergencies, meet a deadline or achieve a goal. However, if we experience too much stress, our minds and bodies cannot relax. Try to recognize stressful situations and learn effective ways of managing them. For example, avoid rush hour traffic or allow for more time to travel. You can also try relaxation techniques such as deep breathing, massage, or meditation. For some people, formal or informal counseling may be helpful.



# Who to Call if You Have Questions

**If you have questions about your surgery date, your pre-anesthesia assessment, or your post-surgery appointment, please call your surgeon's office:**

- Dr. G. Christakis ..... 416-480-6080
- Dr. G. Cohen..... 416-480-6077
- Dr. S. Fremes ..... 416-480-6073
- Dr. F. Moussa..... 416-480-4742
- Dr. C. Tarola..... 416-480-6080

**If you have questions about your surgery or after-surgery care, please call:**

- Cardiovascular Care Coordinator ..... 416-480-6078

**If you have questions about your exercise and activities, please call:**

- Physiotherapist ..... 416-480-4949

**If you have questions about your nutrition, please call:**

- Dietitian..... 416-480-4456

**If you have questions about powers of attorney, discharge or emotional concerns, please call:**

- Social Worker ..... 416-480-6100 ext. 3913

**For patient updates, or if you need to contact us on a weekend or statutory holiday, please call:**

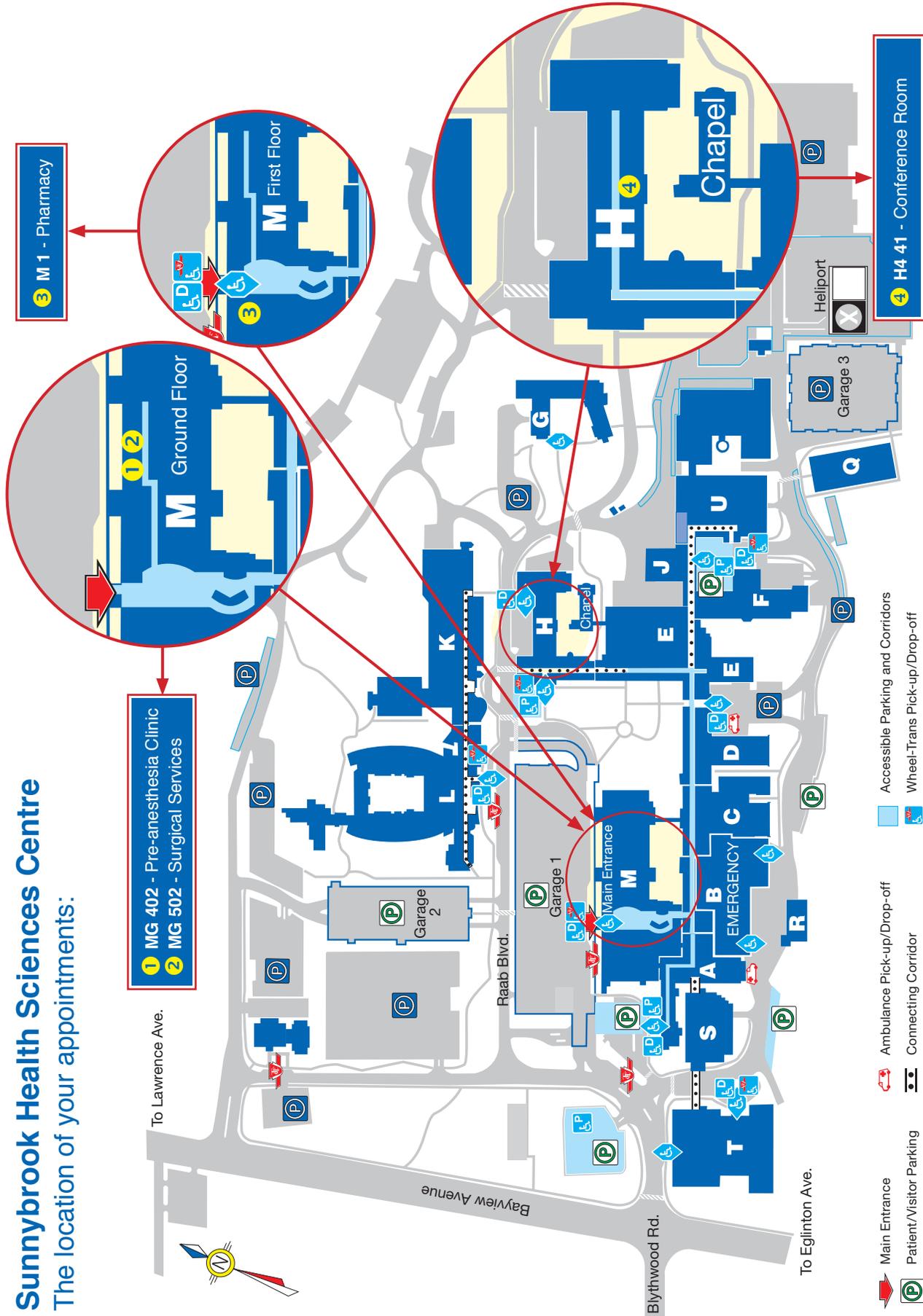
- CVICU ..... 416-480-6090
- D3 Cardiac Inpatient Unit ..... 416-480-4949





# Sunnybrook Health Sciences Centre

The location of your appointments:



**1** MG 402 - Pre-anesthesia Clinic  
**2** MG 502 - Surgical Services

**3** M 1 - Pharmacy

**4** H4 41 - Conference Room

- Main Entrance
- Patient/Visitor Parking
- TTC Bus Stop
- Pathways
- Crosswalk
- Ambulance Pick-up/Drop-off
- Connecting Corridor
- Main Corridor
- Staff Parking Lot
- Accessible Parking and Corridors
- Wheel-Trans Pick-up/Drop-off
- Wheelchair Accessible Wing Entrance
- Passenger Pick-up/Drop-off
- Lot with Accessible Parking



PR 60739 (2021/06/28)

**Schulich Heart Centre**  
2075 Bayview Avenue  
Toronto, Ontario M4N 3M5

[sunnybrook.ca/heart](https://www.sunnybrook.ca/heart)

