

# Your Guide to Open Heart Surgery



Fairfield  
Medical Center

This guide has been prepared to assist you and your family with understanding what to expect during your surgery.

Surgery date: \_\_\_\_\_

Please arrive at: \_\_\_\_\_

## BEFORE THE PROCEDURE

### Information

- Written teaching materials and videos are available for you and your family. You may reach a Cardiovascular Patient Educator by calling 740-687-8261.
- You will be asked to read and sign a consent form.
- A scheduler will call and confirm your procedure date and time.
- Report to Surgery Waiting; staff in the front lobby will escort you and your family to the surgery waiting area.
- Your family may wait in the Surgery Waiting Room. Your family may visit you briefly before surgery.

### Diet & Medications

- Do not eat or drink after midnight prior to your procedure.
- Refer to your pre-operative instructions for a detailed list of medication changes.
- Please call your surgeon's office with any questions or concerns at 740-681-9020.
- You may take the following medications the morning of your procedure with small sips of water:

\_\_\_\_\_  
\_\_\_\_\_

### Activity

- Get a good night's sleep.
- Continue your normal activity unless directed by your doctor.
- Practice coughing and deep breathing exercises.
- Do not smoke.
- Take a shower/bath the evening before *and* morning of your surgery with antibacterial soap.
- Wash with Chlorhexidine Cloths (refer to the instructions on page 2).

### Equipment and Testing

- Before surgery, you can expect to have the following:
  - Chest x-ray
  - EKG
  - Blood work
  - Carotid ultrasound
  - Pulmonary function tests
  - Arterial blood gases