

Inpatient Surgery Booklet

Pre-Op Information and Personal Recovery Plan

Patient Name

Phone Number

Physician

Phone Number



Open Heart Surgery Education for Patients

St. Joseph Hospital presents this guide with a goal to educate patients and the general public on open-heart surgery and what to expect before and after surgery. With this guide, we hope to answer common questions and concerns about your surgery. The guide will take you from preparation for the surgery through your hospitalization to your recovery at home.



What is Open Heart Surgery?

Depending on the part of your heart that is not working properly, your physician will decide what procedure to perform. The two most common procedures are:

Coronary Artery Bypass Surgery (CABG):

<http://www.sts.org/doc/3706#1>

Aortic Valve Replacement:

<http://www.sts.org/doc/3621>

Mitral Valve Replacement/Repair

Replacement: <http://www.sts.org/doc/4102>

Repair: <http://www.sts.org/doc/4108>

Heart-Lung Machine

While open-heart surgery is being performed the blood still needs to circulate the body.

While the physicians are working on the heart, a heart-lung machine (also called a bypass machine) will be used to do the heart's work until the physician repairs your heart and then you will be taken off the machine when your heart can function on its own.



Preparation for Surgery

Once it has been decided that you need open-heart surgery, you will either remain in the hospital or will be sent home for the surgery to be scheduled at a later time. The decision to stay in the hospital or go home is based on the severity of the problem with your heart. Whether you are sent home to return on the day of the surgery or remain in the hospital, you will have a series of labs and procedures done to get you prepared for surgery.

If you are released to go home:

Prior to your surgery you will have a series of tests done. Usually, this is done one or two days prior to hospitalization. The tests done may include:

- Lab Work
- Chest X-ray
- Electrocardiogram – Link to site to explain
- Pulmonary Function Test- Link to site to explain

If you have a loved one who has a similar blood type and would like to donate for you, they will need to donate 5 days prior to the procedure. Call the St. Joseph Hospital Blood Bank to set up an appointment to donate blood prior to the procedure, 714-744-8721.

You may be asked to do the following in addition to the above:

- Stop smoking
- Stop taking aspirin or other medications unless instructed otherwise by your cardiologist
- If you are a diabetic and currently taking Metformin/Glucophage you may be advised to stop taking the medication prior to surgery. If you have any questions call your physician
- Stop eating or drinking by midnight the night before surgery
- If your drink more than 12oz of beer, 6oz wine, or 4oz of alcohol per day, inform your physician prior to the surgery

In the Hospital

If you stay overnight at the hospital, the above procedures will be done at the hospital. The Cardiac Liaison will provide education on the procedure.

Cardiac Liaison

My name is Megan, and I'm the Cardiac Liaison, Nurse Practitioner at St. Joseph Hospital. I would like to extend a warm, "heart"-felt welcome from our Cardiovascular Surgery Services. If you are already scheduled or are contemplating our services for your heart needs, it is our wish to provide you with all your educational needs as well as to allow your surgery and hospitalization experience to be as smooth as possible. My role as the cardiac liaison is to provide pre- and post-operative education and to coordinate your care from the day of admission to the day of discharge. If you have any questions, please feel free to contact me. I am available Mon-Fri 8:30 a.m. – 5:30 p.m.

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