

## Important Instructions

Proper hand washing is the best way to avoid infection

Brushing the teeth twice a day and after eating to avoid infection in the membrane of the heart

Regular vaccinations are postponed 6 weeks after surgery

Heart medications are taken according to the doctor's instructions, and no medication is stopped or different doses are taken until after referring to the doctor

No smoking near the sick child

It is not allowed to approach any smoker by children until after two hours of smoking

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HEART FOUNDATION  
ASWAN HEART CENTRE

Educational Health Program

Discharge instructions for children

This booklet will help you

gain a better understanding

Wound care

Keep the wound clean and dry

Do not apply ointment on the wound

Make sure the wound is covered when eating and drinking  
Try not to be exposed to the sun

During wound healing, a protrusion may appear around the wound in the bone

'The stitches are removed in the outpatient clinics after a week

Examine the wound daily and notice any signs of infection like  
redness - swelling - pus - inflammation

Nutrition

Eat meals which are low in salt and fat

Eat more fruits and vegetables

Stay away from fast and canned foods

Activities