

Heart Attack: Back at Home



Once you're home, your goal for the first week or so is to take it easy. Then slowly go back to regular activities. It may take about 4 to 8 weeks to get back to your normal routine. To ease the transition, let yourself rely on family and friends for support. And be easy on yourself.

Let friends and family support you



Don't try to do it all alone. Ask family or friends for help. They may be glad to do something to show their concern. For instance:

- Let others help with chores. This includes washing dishes, making meals, or buying groceries.
- Ask a family member or friend to join you in relaxing activities. You could play games or watch a movie.
- Invite a family member or friend to your appointments.

Be easy on yourself

As you begin your recovery, don't push yourself too hard. Remember, you're healing physically and emotionally. Keep these tips in mind:

- Take your medicines as prescribed by your healthcare provider.
- Don't do any activities that may cause chest pain or shortness of breath.
- Avoid exertion, excitement, and exposure to cold after a heavy meal.
- If you're feeling low, don't beat yourself up. Take your recovery one day at a time. And don't give in to these feelings by staying in bed. Get up and get dressed each morning.
- Do activities that are easy but get you slowly back into the routine.
- Talk with someone every day.

For family and friends

Help your loved one ease into recovery:

- Offer to drive your loved one to medical appointments.
- Help your loved one remember to take medicines.
- Encourage your loved one to slowly be more independent.
- Spend time relaxing together. You don't have to just sit around. Try going for a walk.
- Spend time talking about things other than health.

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.