

After Bypass Surgery: Your Role in Recovery



Much of your recovery is up to you. Your healthcare provider and other providers are there to help. But you need to care for your body and slowly rebuild your strength. That means doing a little more each day, without pushing yourself too hard. Following the guidelines from your healthcare team can help you remember what to do and what to expect along the road to recovery.

Tips to remember

During your first few weeks at home, keep these tips in mind:

- Take your medicines as directed.
- Call your healthcare provider if you have any sign of a problem. This includes fever, increased pain, bleeding, foul-smelling odor, or drainage from the incision.
- Move carefully to protect your incision and your breastbone. Don't raise your arms higher than your shoulder. For example, ask for help when getting items on higher shelves.
- Pace yourself so you don't feel rushed or get overtired. After activity, it's OK to sit down and take a break.
- Exercise 5 days a week or as prescribed by your provider. Increase your time and pace slowly. You may feel weak and tire easily at first. You may also be a bit stiff. Start slowly and build up your time and speed little by little as the days go by. Your healthcare provider may prescribe cardiac rehab to help you meet this goal.
- Talk with your family and close friends about how you feel and what you need from them.

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