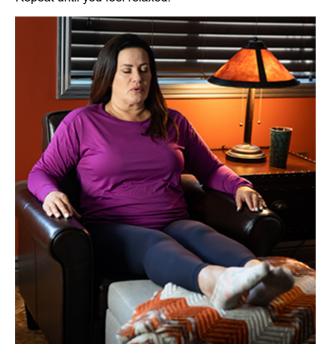
## After Bypass Surgery: Get Plenty of Rest Children's Hospital

## Relax between activities

Take time between activities to relax. Deep breathing is one good way to relax. Try the following:

- Sit in a comfortable chair with both feet on a footrest.
- · Close your eyes.
- Breathe in slowly and deeply through your nose to the count of 2.
- Pucker your lips, as if you were going to blow out a candle. Then breathe out slowly through your mouth to the count of 4.
- Breathe normally a few times.

Repeat until you feel relaxed.



## Get plenty of rest

Getting plenty of rest will help you get your strength back faster.

- Try to get a good night's sleep. It helps to go to bed at the same time each night. Don't stay up late one
  night and try to catch up the next.
- Don't get anxious if you can't sleep through an entire night. Just relax. Your sleeping patterns will become more normal with time and as your recovery continues.
- Stop and rest for a few minutes after each activity and whenever you feel tired. You can just relax for a time. Try not to nap, because that can affect your nighttime sleep.

## When to slow down

Slow down if you feel any of the following symptoms. They are signs that you are doing too much too soon.

- A dull ache, tightness, or increased pain in your chest, shoulders, or arms
- Pounding or fluttering in your chest
- Trouble breathing
- · Feeling very tired, faint, or dizzy

**Call 911** if any of these symptoms get worse or don't go away after 20 minutes with rest. Even if they do go away, let your healthcare provider know about them right away.

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