



- Arrange your pillows to a comfortable position.
- Avoid naps during the day.

#### VISITORS

- Only a limited number of visitors will be allowed.
- It is advisable to avoid visitors completely for some time to prevent infections.
- Visitors should wash their hands before entering your room.
- For your safety and the safety of other patients on your floor, friends and relatives should not visit if they have signs of any infection/ fever or even common cold.

#### MOOD SWINGS, ANXIETY & DEPRESSION

A major procedure like heart surgery can cause extreme stress. Patients may experience mood swings, anxiety and even depression after the surgery. Please talk to your doctor if required.



PLEASE SCAN FOR THE LOCATION



Mankhool, Kuwait Road, Al Mankhool - Dubai

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#### DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs



# HEART SURGERY

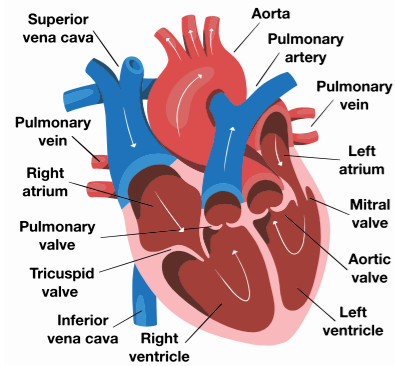
What you should know



Digital Version

Your heart, which is approximately the size of your fist, is the strongest muscle in your body and keeps working day and night, continuously, to pump blood through your body.

### HEART FACTS



Did you know that your heart beats about 100,000 times a day, pumping 6 liters of blood through your body, which in turn flows through 60,000 miles of blood vessels?

### WHEN DOES ONE NEED A HEART SURGERY?

A heart surgery is recommended when a person's heart problem can no longer be managed medically and becomes life-threatening. Conditions of the heart that usually require surgical management include:

- Coronary diseases.
- Defective valves.
- Congenital diseases.
- Arrhythmia or abnormal heart rhythms.
- Heart failures that require heart transplant.

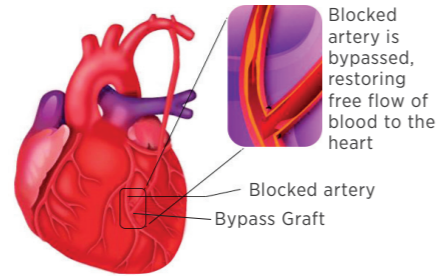
### CORONARY ARTERY DISEASE

Coronary arteries deliver oxygen and nutrients to the heart's tissues. At times, build-up of cholesterol fats (often referred to as plaque) block the coronary arteries and make the arteries stiff and irregular. This condition is called atherosclerosis or hardening of the arteries. Blocks can occur in multiple places and vary in severity.

### SYMPTOMS

- Pain and periodic discomfort in the chest: pain radiates to the neck and/or arms (usually on the left side).
- Pain and discomfort worsen with physical exertion, eating, changes in temperature, extreme emotions.
- Symptoms may last from 3 to 5 minutes or until the cause is rectified.

### CORONARY ARTERY BYPASS GRAFT (CABG) / BYPASS SURGERY



CABG is a surgical procedure wherein a blocked artery is bypassed with a blood vessel taken from another part of the body, enabling blood to flow freely into the heart again.

### CABG: HOSPITAL STAY

A patient who undergoes CABG will usually need to stay for 7 days in the hospital, of which 2 will be in the ICU, post-surgery. However, the number of days may vary according to the health condition of the patient.

### BEFORE THE SURGERY

- If your heart's condition is such that it requires surgical correction, your doctor will explain to you the procedure, advantages, expected outcome and risk factors in detail.
- Our Guest Relation Executive will help you with the rest of the formalities.
- Please inform us in advance if you are covered by health insurance.
- All relevant documents pertaining to the insurance should be submitted.
- You will need to make an advance payment for the surgery.
- Please make sure you give your doctor the complete list of medications you are taking, including vitamins and herbal medicines.

### WHAT TO BRING

- A complete list of your medications.
- All relevant documents for the insurance, if any.
- Personal items including eyeglasses, dentures and hearing aids.
- Denture cups are available upon request.

### ACCOMMODATION

You may choose room from available options. Please note that all options are subject to availability.

### THE NIGHT BEFORE THE SURGERY

- You will need to fast for at least 8 hours before the procedure.
- You are not supposed to eat or drink anything, including water.
- Avoid swallowing any water when brushing your teeth.
- Bathe/wash from neck down with the anti-bacterial soap/solution provided.

- Hand over all your personal belongings like eyeglasses and jewellery to your bystander / relative.
- You will be prepped for the surgery, which will include shaving / clipping of the area of incision.
- You will be given instructions on how to do breathing exercise and a Spirometer as well.

### THE DAY OF THE SURGERY



- Follow your normal routine (brushing, using the rest room etc.)
- If you want to bathe, wash neck down with the anti-bacterial soap provided.
- All make up, including nail polish should be removed.
- It is natural to feel scared and nervous about the surgery: relax, you have an exceptional team of doctors to take care of you.

### RECOVERING IN THE ICU

- You will be shifted to the ICU immediately after the surgery.
- Our exceptional team of Cardiac Intensivists, Surgeons and Cardiologists will ensure you are taken care of well.
- The interiors of the ICU might be a bit intimidating because of the machines, monitors and beeping sounds.
- An endotracheal tube will be inserted to help you breathe.

- The tube will be connected to a respirator and removed a few hours after you regain consciousness.
- You may feel cold or even shiver a bit - don't worry, it's perfectly normal.

### CONTROLLING PAIN

- You will be given medication to control pain in measured doses.
- However if the medications affect your breathing and/or blood pressure, the dosage will be altered.

### COUGHING & DEEP BREATHING

- As you recover in the ICU, the nurses will monitor your blood pressure, pulse rate and breathing.
- The respiratory therapist will help remove any secretions that may have settled in your lungs during surgery to prevent post-operative pneumonia.
- The therapist will help you use your incentive spirometer, followed by instructions on deep breathing exercises.
- You should repeat these exercises every hour.

### MOVEMENT & CHANGING POSITION

- While lying in bed, moving / shifting positions often will help improve blood flow to your legs and remove secretions that may have settled in your lungs.
- Move your feet / wiggle your toes / point your feet towards your head and then towards the bed.
- Your nurse will help you turn from one side to another.

### SHIFTING FROM THE ICU

- Your Surgeon and Anesthesiologists will decide the best time for you to be transferred from the ICU to the ward / room.

- Most often, patients are transferred to the ward in a couple of days.
- If you have to remain in the ICU, your Surgeon / consulting Doctor will explain the specific reasons for the extended monitoring.
- Do not panic if your stay in the ICU is extended by a day or two: it just means you need a bit of extra care.

### GETTING BACK TO NORMAL

- After your stay in the ICU, you will be shifted to the ward/ room. Our team will monitor your progress continuously and help you recover well.
- You will start returning to normalcy once you are shifted to the room.
- Increase your physical activity by going on walks.
- You may start walking (assisted by our staff) to the restroom when you are up to it.
- Doing things on your own will hasten your recovery, however make sure you seek the help if required.

### FOOD

- Eating right is an important aspect of healing.
- You may not feel hungry at all and food might even taste different. Try eating in smaller quantities, more frequently.
- If you have trouble eating or choosing what food to eat, talk to one of our dieticians.

### SLEEP

- You may not be able to sleep soon after the surgery due to post-operative care (nurses monitoring your vital signs during the night) and unfamiliar surroundings.
- Take your pain medication half an hour before bedtime to sleep better.