

Cardiac Surgery Guide (QEHB)

Welcome

Welcome to the Cardiac Surgery service at Queen Elizabeth Hospital Birmingham, part of University Hospitals Birmingham NHS Foundation Trust. Our team will give you safe, high-quality care and treat you in line with the Trust's values.

Before you come into hospital (Pre-admission)

Before you come into hospital, there are things you can do to help your recovery. These steps can lower the risk of chest or wound complications and may help you go home sooner. You should:

- stop smoking
- eat a healthy, balanced diet
- try to keep to a healthy weight
- drink less alcohol
- exercise if your healthcare team says it is safe
- keep your diabetes well controlled, if you have diabetes

You will need to arrange your own journey to hospital. You may need help from family or friends.

Day of admission

When we tell you that a bed is ready, please make your way to hospital. Bring all the medicines you currently take and a small overnight bag.

A member of the cardiac surgical team will admit you. The team is led by a consultant surgeon. It includes resident doctors, advanced clinical practitioners, surgical care practitioners, specialist nurses and healthcare assistants.

Other staff may also support you during your stay. These may include physiotherapists, pharmacists, radiographers, occupational therapists, student nurses, dietitians, ward clerks, phlebotomists, housekeepers and porters.

Family and friends can support you during your stay. Visiting times are every day from 11am to 8pm.

Most of your pre-operative tests will have been done before you come into hospital or during your pre-admission appointment. Sometimes we may need to repeat imaging tests or blood tests. We will explain this when you are admitted. We will tell you when your operation is planned. You will be given clear instructions about when you need to stop eating and drinking.

Recovery

After your surgery, you will spend at least one day in the intensive care unit (ICU Area D). You will then move to the ward. At first, you may be connected to a cardiac monitor, chest drains, temporary pacing wires, oxygen, a urinary catheter, intravenous lines and an arterial line. Staff will remove these when you no longer need them.

It is important to work with the doctors, nurses and therapy teams during your hospital stay and after you go home. This will help your recovery.

Food and drinks

Eating well and drinking enough fluids will help your recovery. Your appetite may change for a short time after surgery. This is normal and should improve.

Moving around

After surgery, try to stay active. Walk around the ward and do deep-breathing exercises several times each day. This will help you keep your strength and fitness. Staff will support you to walk a little further as you get stronger.

Going home

Most people stay in hospital for four to seven days after cardiac surgery. The length of your stay will depend on the operation you have and how well you recover.

We will give you a discharge booklet about your recovery after cardiac surgery. It explains how to care for your wound, how active you can be, what to eat and how to return slowly to your usual daily activities. It also includes useful contact details and information about follow-up appointments/investigations.

You will receive a two-week supply of medication. These medications may be different from those you took before surgery. Follow the instructions and the medicine list in your discharge letter. Your GP will receive a copy and can arrange repeat prescriptions.

We will arrange a routine follow-up appointment in the Cardiac Surgery outpatient clinic. This is usually six to eight weeks after you go home.

If it is suitable for you, we will refer you to the cardiac rehabilitation team for outpatient rehabilitation.

You will need to arrange your own journey home with family or friends. Do not travel home alone on public transport. Before you come into hospital, arrange for someone to stay with you overnight during your first week at home.

We welcome your feedback and suggestions. Please complete our patient satisfaction survey at the end of your stay.

Accessibility

To view this information in a different language or use text-to-speech reader visit **www.uhb.nhs.uk**, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email **interpreting.service@uhb.nhs.uk**.



How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you. www.uhb.nhs.uk/fft**

