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and follow up care my breast surgery heart surgery patient guide if you or your loved one needs open heart surgery learn what to expect in the care journey open heart surgery has granted countless people a second chance at life major surgery requires meticulous expertise following an exam and many tests the cardiologist has recommended surgery to treat your heart problem and referred you to a heart surgeon this article tells you what to expect during your visit with the heart surgeon it explains what usually takes place before during and after heart surgery orthopaedic divisions 2 preparing for your surgery 3 preparing your home bathroom medications diet getting dressed the day of surgery 3 pre surgical checklist what to bring 4 after surgery 5 this guide is presented by sts to help answer questions that patients and their families often ask before and after heart surgery so that they are better prepared for recovery this teaching book has been designed to prepare you for thoracic surgery it provides you and your family with useful information about your surgical journey as well as care before and after surgery take your time reading each section of the book before your surgery bring this book to the hospital for your surgery use plastic inserts as needed shower again using soap your surgeon may tell you to use special surgical soap brush your teeth and or use mouthwash do not wear any deodorant nail polish makeup lotions powders or perfumes

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