



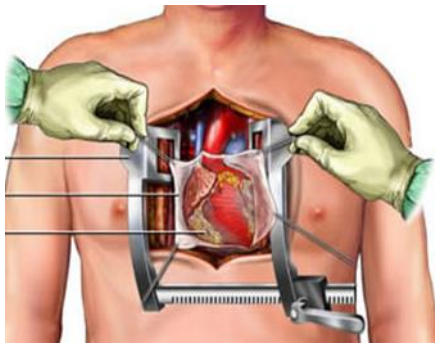
مدينة الملك فهد الطبية
King Fahad Medical City



Coronary Artery Bypass Surgery (CABG)

What is coronary artery bypass?

It is a surgical procedure that aims to improve the blood supply to the heart muscle so that it can function properly.



When does a patient need a coronary artery bypass graft?

The main and common reason for this surgical intervention, is the blockage of the main coronary arteries caused by atherosclerosis, which negatively affects the blood supply to the heart muscle. arteries and veins from all over the body are used as

connectors to bypass the blockage and restore blood flow.

What is the purpose of the coronary artery bypass graft?

This surgery aims to relieve chest pain caused by angina pectoris and sometimes to improve heart function or save the patient's life and sometimes to prevent future clots.

How does a patient prepare for coronary artery bypass graft?



Before the day of surgery

- Fasting from 12 am.
- You will be given a bath liquid that you will use 3 times (4 pm / 12 pm / one hour before the operation).

- You will be given a special shaving machine from the hospital (you have to shave the whole body from the top of the chest to the feet)



On the day of surgery

- You will be taken to the operating room where the anesthetist gives you an anesthetic that will make you fall into a deep sleep and not feel pain during the surgery. After that, the surgeon will make a small opening (3 cm) above the knee to extract the vein using the endoscope, then he will make an incision in the chest about 12 cm long, through which he will conduct the coronary artery bypass surgery.



- The operation takes between 4 to 6 hours, depending on the number of arteries to be connected.
- After the surgery is completed, the chest is closed with a stainless steel suture or wire, which does not affect the surrounding tissues. This wire remains permanently in the breastbone. Several layers of stitches are made to suture muscles and skin in a cosmetic way.
- External tubes are drawn from the chest to drain the fluid collected in the chest after the operation. These tubes will be removed one to three days after the operation if they are no longer needed.
- After leaving the operations room, you will be taken to the intensive care unit with a ventilator tube, which is removed after you wake up and your condition improves on the same day.

- You will be kept in intensive care unit for two to three days, after which you will be transferred to the surgical ward until you are discharged from the hospital.

What can I do to speed up recovery during hospitalization?

Follow the instructions of the medical staff and make sure to move out of bed and walk when asked to do so, as well as adhere to the diet prescribed for you by the medical staff and do breathing exercises even after discharge from the hospital.



Are there any instructions after discharge from the hospital?

The patient usually needs a period of 6-8 weeks to recover after heart operations.

- It is very common after open heart surgery for the patient to suffer from coughing and shortness of breath. To overcome these symptoms, the patient should do more exercise and breathing exercises.
- The patient should avoid raising up his hands, or leaning on the hands when getting up for a period of two months.
- The patient should not carry heavy or light objects for a period of two months.
- The patient should not drive for at least 6 weeks.
- It is recommended to always sleep on the back, and not to sleep on one side, for the first two months after the operation.

- It is recommended to wear the chest belt during this period. It should be worn starting from the day following the operation day, until the sternum is healed.
- The wound will be covered for the first 3 to 4 days after the surgery. After that the wound will be uncovered (in case there is no infection in the wound).
- It is recommended to raise the feet so that they are higher than the level of the body using a pillow. This is important to reduce feet swelling that occurs after the operation.
- Avoid placing one leg above the other when sitting or sleeping.
- The patient should do breathing exercises by taking a deep breath from the nose and holding it for 5 seconds, then slowly exhaling it through the mouth and repeating this process five times, and

the fifth time the patient coughs while supporting the chest with a pillow.

- It is recommended to move and get out of bed, if possible, to avoid clots.
- You can take a shower and let the water run on the wound, but do not rub it, and the wound should be dried well before leaving the bathroom.
- The patient should not climb stairs for more than two floors without taking a rest between them for a period of not less than 5 minutes.
- The patient can return to light work (such as office work) within a month after the operation, and he can do the rest of the work after two months (the patient with open heart surgery is not allowed to do violent activities, such as weightlifting, swimming for long distances, and construction work).

- Maintain the blood sugar level within the normal limit (80-180).
- Follow a low-fat diet.
- Avoid smoking or sitting with smokers.
- The patient must take the medications prescribed by the doctor and coordinate between them and any other medications he was taking before the operation.
- In case of a fever or any pus secretions from the wound, the patient must be taken to the emergency department at King Fahad Medical City and ask the emergency doctor to call for a member of the heart surgery team to see him.
- Visit your doctor on the specified appointments and make sure to bring your medications with you in each visit.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Health Education Administration

HEM1.22.0001380

