

GOING HOME AFTER HEART SURGERY

PLEASE CALL THE CARDIOLOGY OFFICE IF:



- ◆ You child has a fever of 101 orally or rectally or has chills
- ◆ The incision is painful, opens up, has cloudy yellow/green drainage or has a bad smell
- ◆ Your child has trouble breathing or has color changes (gray, pale or blue) of the skin, lips or fingernails
- ◆ You have any questions about medications
- ◆ Your child has vomiting and/or diarrhea, or an upset stomach
- ◆ Your child has trouble eating, tires easily while eating or is not interested in eating at all
- ◆ Your child has signs of dehydration: dry mouth, no tears, little or no urine output

ACTIVITY RESTRICTIONS:

Important Phone Numbers:

Pediatric Cardiology
@NYUMC:

212-263-5940

Pediatric Cardiac Surgery
@NYUMC

212-263-5989

INFANTS

- ◆ No daycare until after the first follow-up visit
- ◆ Make sure all visitors & family members wash their hands prior to coming in contact with your child
- ◆ No contact with visitors or family members with flu-like or cold symptoms
- ◆ Do not lift your child from under the arms for 4 weeks. Rather, scoop from their bottom & back

CHILDREN

- ◆ No daycare/school or until after the first follow-up visit
- ◆ May Swim in:
 - Private pool: 2 weeks*
 - Public pool/lake/ocean: 4 weeks*
- ◆ No gym class, playground or bike riding for 6 weeks
- ◆ No lifting items greater than 5 pounds
- ◆ Do not lift your child using his/her underarms for 4 weeks. Rather, scoop from their bottom & back

YOUNG ADULTS

- ◆ No school or work until after the first follow-up visit
- ◆ No driving for 6 weeks
- ◆ No gym class or competitive sports for a minimum of 6 weeks. Beyond 6 weeks this is under the direction of your child's Cardiologist.
 - Examples of such activities include: Baseball, Basketball, Football, Soccer, Hockey, Swimming, Tennis & Bike Riding*
- ◆ No lifting items greater than 10 pounds including backpacks for 6 weeks

WOUND CARE

- ◆ Steri strips should be removed 5 days after surgery.
- ◆ Gently clean the incision daily with soap and water.
- ◆ Dry the incision well by patting with a clean soft towel.
- ◆ Tub baths and showers may be taken 5 days after surgery.
- ◆ No ointments or other home remedies should be applied to the incision.

******Please call if there is excessive redness, swelling, drainage or tenderness at the surgical site******

ANTICOAGULATION

- ◆ **Norwood, Blalock-Taussig Shunt:** ½ of one baby aspirin (40mg) every M, W, F
- ◆ **Hemi-Fontan and Bidirectional Glenn:** ½ of one baby aspirin (40mg) daily
- ◆ **Fontan (Lateral Tunnel, Extra Cardiac):** 1 baby aspirin (81 mg) daily
- ◆ **Ringed Bioprosthetic Pulmonary Valve Replacement:** 1 baby aspirin (81 mg) daily for three months
- ◆ **Homograft pulmonary valve replacement:** NO anticoagulation
- ◆ **Mechanical Mitral or Aortic Valve Replacement:** Coumadin, as directed, for life



No dental cleaning or scheduled surgeries for 3 months after heart surgery

IMMUNIZATIONS

Infants and children should follow the current American Academy of Pediatrics immunization schedule. Exception: MMR should be delayed for 6 weeks after surgery.

DENTAL CARE & PROCEDURES

Between 3 and 6 months after surgery antibiotics should be taken before dental procedures and before any scheduled or emergency procedures. Antibiotics are used to prevent an infection called bacterial endocarditis. This is referred to as **SBE prophylaxis**.

*****Please ask your Cardiologist about The American Heart Association guidelines for SBE prophylaxis.*****