

Name of Child: _____ Date: _____

After Heart Surgery in the Hospital

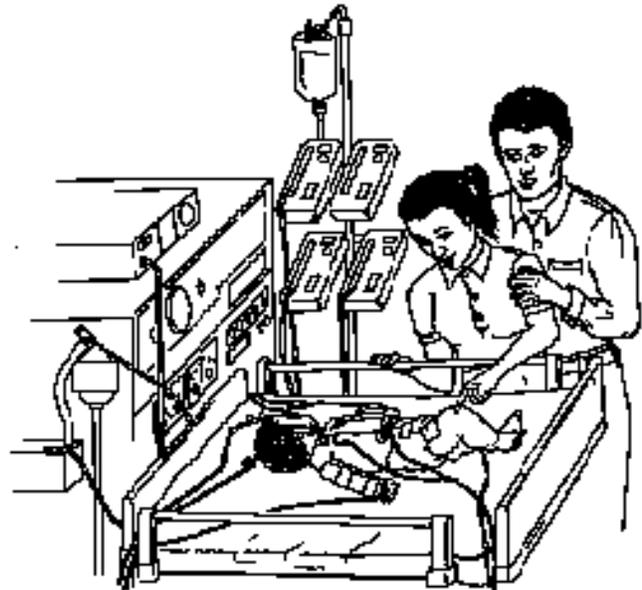
After heart surgery, your child will be moved to the **Cardiac Intensive Care Unit (CVICU)**. There, nurses and doctors will watch your child carefully.

They will explain everything that you will be seeing while your child is in the hospital. If you have any questions or do not understand, ask your nurse or doctor.

If you want your child to have visitors, please invite only a few at a time. During some examinations and procedures, visitors may be asked to leave the child's bedside. Visitors may also be limited in the CVICU if another patient is having a procedure. There is a lounge for parents just outside the CVICU. When you leave the hospital, give your child's nurse your telephone number so she or he can call you, if needed.

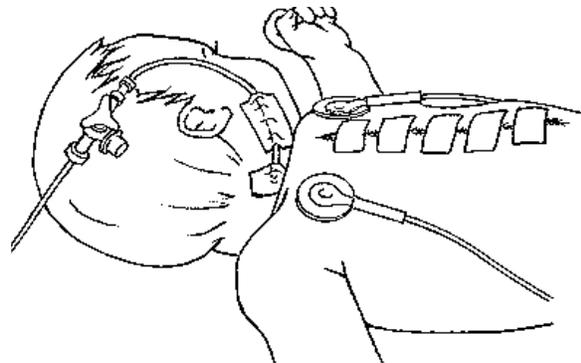
The health care team works together to help your child recover from surgery. There can be times when they are very busy giving medicines and working with tubes and wires after heart surgery. This is normal after surgery. They will explain to you what they are doing and why.

- Your child will get medicine for comfort, as needed. Your touch and loving words will also help your child feel safe and calm.



If you have any questions
ask your nurse or doctor.

- Your child may be on a breathing machine (**ventilator or respirator**). A tube goes in your child's mouth or nose. While your child is on the breathing machine, he or she will be given medicine to stay calm (**sedation**). When your child can breathe well on his or her own, the breathing tube will be taken out.
- If needed, your child will be given oxygen. If your child has extra mucus, a nurse may use a **suction catheter** to remove it.
- Having a quiet and dark environment for about 24 hours after your child's surgery can help your child rest and recover. After that time, it is good for your child to have the curtains open and lights on during the day, unless it is nap time.
- Your child will be attached to several machines with tubes and wires. These machines help the doctors and nurses see how your child is doing. Your child may have these tubes and wires for several days:
 - a tube in a vein to give fluids and medicine and draw blood (**IV or intravenous line**)
 - a tube in an artery to measure blood pressure and draw blood (**arterial line**)
 - a tube in the chest to drain air, blood, and fluid (**chest tube**)
 - a tube through the nose and into the stomach to empty the stomach and give medicine or feedings (**NG or nasogastric tube**)
 - a tube in the bladder to drain and measure urine (**Foley catheter**).
 - **pacer wires** in the chest to keep his or her heartbeat and rhythm regular
 - wires on patches taped to the skin to measure the heartbeat and rhythm (**EKG or electrocardiogram**)
 - a cord with a small, red light attached to a finger or toe to measure the percentage of oxygen in the blood (**oximeter or pulse ox**).
 - stickers on the forehead and lower back to help measure the percentage of oxygen in areas of the body (**somatic sats**).



Your child will be attached to several machines with tubes and wires.

- These tubes and wires will be taken off when they are no longer needed.

As your child gets better, you are encouraged to be at your child's bedside as much as possible to comfort your child. This also allows for staff to teach you how to safely care for your child, such as dressing changes and incision care.

Your child will stay in the CVICU until he or she does not need to be watched so closely. This could be one day, a few days, or longer. Usually when your child is better, he or she may be moved to another part of the hospital until ready to go home.

Children get better faster when they take deep breaths

After surgery, taking deep breaths can be painful. People often avoid this type of pain by taking small breaths. This can lead to complications. Taking small breaths stops the lungs from filling with air and the lungs can collapse, like a balloon without air in it.

To try and avoid complications, your child needs to take deep breaths. Deep breaths open the lungs. Nurses and respiratory therapists will help keep your child's lungs clear by asking your child to take deep breaths to bring lots of air into the lungs. They will also ask your child to cough to help clear extra fluid in the lungs.

Another way to take deep breaths is to move. As your child gets better, he or she needs to get out of bed and walk. The goal is to get your child up and out of bed the morning after surgery.

Babies take deep breaths when they cry. As your baby gets better, you can move and hold him or her. Your nurse can show you how to hold and move your baby safely.

Now that you've read this:

- Tell your nurse or doctor what you will do to help your child feel safe and comfortable after surgery. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

December 1, 2016 • Draft to family review
#261 • Written by Heather Bennett, RN • Updated by Andrea Cerreta, BSN, CCRN
Illustrated by Dennis Swain and Irene Takamizu

After Heart Surgery in the Hospital

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!