



WHAT TO EXPECT AFTER CORONARY ARTERY BYPASS GRAFTING

Coronary artery bypass grafting (CABG) is a surgery in which a healthy artery or vein from the body is connected to a blocked coronary artery and bypasses the blockage. This creates a new path for blood flow to the heart muscle.



Recovery in the hospital: After surgery, you may spend 1 or 2 days in an intensive care unit (ICU) so you can be monitored by your health care team. During this time:

- You will likely have an intravenous line inserted into a vein in your arm to provide you with medicine
- You may need to have tubes placed in your bladder to drain urine and in your chest to drain fluid
- You may receive oxygen therapy and a temporary pacemaker
- Your doctor might recommend that you wear compression stockings on your legs to keep blood from pooling and clotting

After you leave the ICU, you will stay in a less intensive care area of the hospital for 3 to 5 days before going home.



Recovery at home: Your doctor will give you instructions for recovering at home as well as guidance on how to manage common side effects from the surgery. Side effects usually go away within 4 to 6 weeks after surgery.

A full recovery from a traditional CABG may take 6 to 12 weeks or more. Nontraditional CABG requires less recovery time. Your doctor will tell you when you can resume certain activities because full recovery varies from person to person.



Ongoing care: CABG is not a cure for coronary heart disease (CHD), but you can take steps to lower the risk of your CHD getting worse. After surgery, your doctor may recommend a treatment plan, lifestyle changes, or cardiac rehabilitation to help you stay healthy. In addition, taking medicines as prescribed is important after CABG.

Talk to your doctor

Always talk to your doctor about what is best for you. Ask your doctor before starting any treatments or making changes in your routine or medicine.

Source: National Heart, Lung, and Blood Institute. National Institutes of Health, US Department of Health and Human Services.



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