



Quick Recap

Sternal precautions, breathing exercises, and paced activity rebuild endurance for bathing, dressing, and walking.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

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EMAIL

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

Post-Heart Surgery Recovery

Cardiovascular Sternal Safety Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



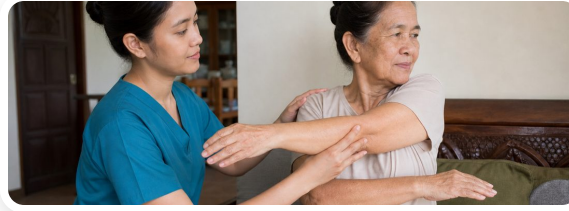
● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Sternal precautions: no pushing/pulling with arms for 6-8 weeks.
- Sit-to-stand using legs; roll to side before getting out of bed.
- Limit salt to under 1,500 mg sodium/day; rinse canned foods.
- Weigh yourself each morning; report a 2-lb gain in a day.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track chest soreness, sternum click feelings, fatigue, and breathlessness.
- Monitor heart rate and blood pressure if home devices are prescribed.
- Screen incision redness, drainage, or fever.

Good to know

- S/P heart surgery may include bypass, valve repair, or related procedures.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Diaphragmatic breathing and pursed-lip breathing during light activity.
- ADLs: break tasks into phases—gather items seated, then stand briefly.
- Light lower-body exercises: ankle pumps and seated marches when cleared.
- Daily walking goal: short, steady distances without symptoms.