



## Quick Recap

CABG creates a new route for blood to flow around blocked arteries—relieving chest pain and improving quality of life when your cardiac team recommends surgery.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

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.

# Understanding CABG Surgery

Coronary Artery Bypass Grafting



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.

- Take all medicines as prescribed; never stop blood thinners without physician approval.
- Heart-healthy diet: low sodium, limited saturated fat, more vegetables and whole grains.
- Sternal precautions for 6–8 weeks: no pushing, pulling, or lifting more than 5–10 lbs.
- Cardiac rehab attendance is one of the strongest predictors of long-term recovery.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Incision checks: redness, drainage, fever, or worsening pain.
- Daily weight; report rapid gain that may signal fluid retention.
- Sleep, appetite, mood, and energy during first weeks home.
- Blood sugar and blood pressure per home monitoring plan.

### Good to know

- CABG is a common, well-studied surgery for coronary artery disease when other treatments are not enough.

**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.

- Benefits for many: less angina, better activity tolerance, improved sleep.
- Return to hobbies stepwise with rehab guidance—not all at once.
- Know emergency signs of heart attack and when to call 911.
- Cardiac rehab is the top predictor of long-term recovery.