

Dear parents, now is your turn!

Home care after heart surgery is one of the things you must be educated about so you can help your loved one speed up his or her recovery process



Child at home

- Regular sleep schedule and short sleep periods (Short break in the middle of the day) and planning to play (infants)
- Regular consumption of milk and baby food
- Avoid eating any new foods until the first check-up (infants)
- Bathing the child with soap and water as usual and avoid using a bandage
- Avoid using creams, lotions or various powders on the wound until the wound is completely healed.



Child at school

- The child may return to school up to three weeks after discharge from the hospital.
- It is better for the child to go to school part-time in the first days.
- The child must not do sport exercises until two months after surgery



Should any of the following symptoms occur, contact must be done with the doctor as soon as possible:

- Rapid breathing and difficulty at rest
- Severe and frequent coughs
- Skin color turns blue
- Frequent vomiting or diarrhea
- Worsening pain
- Decreased appetite compared to the time of discharge
- Swelling, redness and discharge from the wound
- Fever more than 38.5 degrees
- Trembling



- Decreased 24-hour urine volume



Required follow-up before discharge:

- The first visit should usually be made two weeks after discharge.
- Asking for advice on the date, time and place of follow-up before discharge is imperative.
- For the first visit, the child should have a chest x-ray, ECG, and a new blood test if recommended.

Dental care is very important!

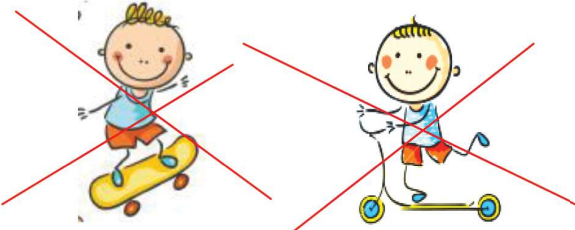
After the age of three, the child should be seen by a dentist once every 6 months. It is necessary to explain the child's heart condition to the dentist.





What else do I need to know:

Deletion of outdoor play program (cycling, skating) for 2-4 weeks after discharge from hospital.



Vaccination, circumcision, ear piercing and dental procedures should be delayed for up to two months after surgery.

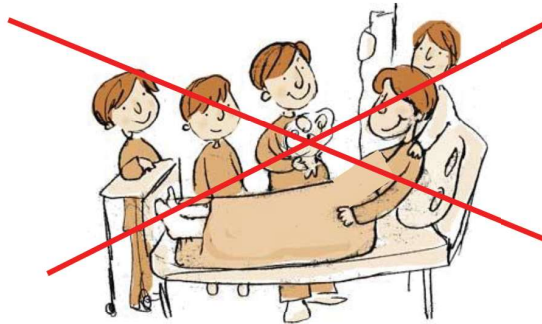


Nightmares are a normal reaction of a child after hospitalization. Provide the child with tranquility and confidence. Paying attention to the child. Returning to the normal situation is helpful. It is better for the parents to stay with the child in such situations.



Dear parents!

It is best to reduce child visits to two people during the day for half an hour; as the child becomes more active, the visiting hours may increase. Child's visitors should not have a cold, flu, sore throat or other infectious disease.



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Tehran University of Medical Sciences
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Home care training after heart surgery

