



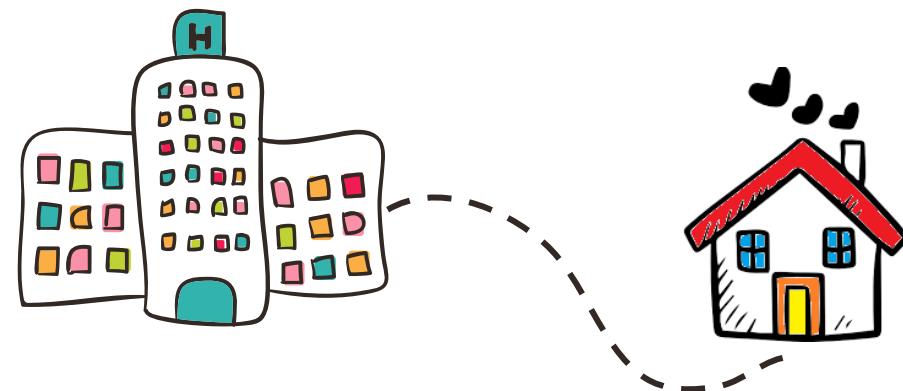
WARNING SIGNS AND SIMPTOMS:

If you are presenting any of the signs or symptoms described below, or if there is something that worries you, **you should call the pediatric cardiology service**, where we will give you directions on how to proceed.

- ✓ Fatigue;
- ✓ Shortness of breath or breathing difficulty;
- ✓ Appearance or worsening of cyanosis (bluish coloration of the skin), mainly on the lips and fingernails;
- ✓ Sensation of palpitations
- ✓ Edemas (swelling)
- ✓ Nausea, or persistent vomiting
- ✓ Fever (temperature above 37.5°C)
- ✓ Appearance of increased redness, pus or swelling of the surgical wound

Post-Cardiac Surgery Care

Guidance for adolescent discharge



USEFUL CONTACTS:

- Pedoiatrics ward: +351210433121 (122)
- Social services: +351210433118
- Secretary: +351210433389
- Pediatric cardiologist appointments: +351210433178



PRECAUTIONS WITH THE SURGICAL WOUND:

(maintain for 1 month)

- ✓ Keep the **wound clean and dry** (when it gets wet, it facilitates the growth of microorganisms and the development of an infection).
- ✓ You **should not touch the wound with your hands**, as these are carriers of numerous microorganisms.
- ✓ In the bath, you can wet the wound with water and soap/ shampoo but **do not direct the shower water on it**, and you should dry it well without rubbing. Avoid immersion baths.
- ✓ **Do not put cream or disinfectant** on the wound.
- ✓ The healing process causes itching. Always keep the **wound protected with clothes**. Always keep your nails short and clean.
- ✓ **Observe the wound daily** for signs of infection, such as: pain, redness, warmth, swelling or the presence of any fluid.
- ✓ Protect the scar from the sun for 1 year.
- ✓ At the time of discharge, if you still have staples or stitches, you will be given a document with information regarding their removal.



FOOD:

- ✓ Rich in fruits, vegetables, cereals, and fats of vegetable origin, **avoiding fats of animal origin, sugary and salty foods**.
- ✓ **Avoid excess weight**, as it is associated with increased cardiac effort and a greater tendency toward hypertension.



MEDICATION:

- ✓ As soon as possible, you will be given a sheet with the medication scheme (schedule, dose, and mode of preparation) and you will have the opportunity to practice in the presence of a nurse.
- ✓ Before medication runs out or expires, **check its prescriptions and availability in pharmacies in advance**.
- ✓ If you are on anticoagulant therapy, it is essential to follow it strictly, and to monitor your INR through blood tests. In this case you should check for signs of bleeding: nose or gums bleeding, blood in the urine, or even bruises. If you are going to have a surgery or invasive treatment or exam, you should talk to your doctor, as you may be advised to stop this medication.



PHYSICAL ACTIVITY AND SAFETY

- ✓ The level of physical activity should be **gradually resumed depending on your tolerance and medical situation**.
- ✓ Activities that involve risk of falling or hitting the surgical wound, such as **contact sports or cycling, should not be performed** for 1 month after surgery.
- ✓ **Proper toothbrushing and frequent visits to the dentist** should be maintained because the presence of tooth decay is a risk factor for endocarditis (heart infection).
- ✓ **Post-operative surveillance appointments must be kept**, as well as regular juvenile health appointments.