

## Preparation For A Surgery

- ♥ Stop smoking  
It is important to stop smoking for as long as possible or at least for 4 weeks before the surgery.
- ♥ Medication  
You should not stop taking medications unless advised by your doctor.
- ♥ Admission  
You would be informed of what to bring to the hospital and the admission procedures.
- ♥ Orientation to the Cardio Thoracic Intensive Care Unit (CTICU)  
You would be informed of your care and treatment in CTICU and estimated length of stay.
- ♥ Skin preparation  
You would need to shower with a special disinfectant soap (hibiscrub liquid soap), starting 3 days before surgery.

## Recovery After A Surgery

- ♥ Pain management  
Pain medication is available to ease the pain and you feel as comfortable as possible.
- ♥ Wound care  
The nursing staff will check your incisions daily and you would be advised on how to take care of incision wound at home.
- ♥ Diet  
A dietitian would visit and advise you on diet modification and restriction.
- ♥ Activity level  
A physiotherapist would attend to you and advise you on exercise and activity level at home.



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- ♥ Cardiac Rehabilitation Program (CRP) - You are encouraged to join the CRP after your discharge.
- ♥ Follow up appointments  
A surgeon and cardiologist would follow up with you after your discharge.
- ♥ Follow up by case manager  
A case manager would follow up with you after your discharge through telephone calls and you would be given some contact numbers to call during emergencies or for any other enquiries.