

Cardiovascular Surgery Patient Handbook

Inova Schar Heart and Vascular



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SECTION 1: WELCOME



Welcome to Inova Schar Heart and Vascular at Inova Fairfax Medical Campus, the only facility in the region dedicated exclusively to cardiac care. Our facility features:

- More than 200 private patient rooms
- A total of 48 cardiac intensive care beds
- Seven operating rooms, including a uniquely designed, state-of-the-art hybrid room that allows cardiac surgeons, electrophysiologists and cardiologists to operate together on a patient
- Multiple catheterization labs and electrophysiology labs
- More than 40 outpatient physician practice sites for cardiac and vascular specialists
- More than 20 locations for noninvasive cardiac and vascular diagnostic services
- Four accredited, hospital-based cardiac rehabilitation programs
- A healing garden for patients and staff

Our team of dedicated and compassionate health professionals is committed to providing you with excellent care and making your experience as pleasant as possible. Patient safety is our top priority. Therefore, we will frequently check your identification to ensure your safety. Before any treatments or procedures, we will ask for your name and date of birth, and then we'll check your medical record number.

Members of your care team are always available to answer questions or discuss concerns. Hourly rounding also helps us anticipate and meet your needs.

If you require anything we have not provided or need us for any reason, please let us know by ringing your call bell. Our patient relations team is also available to address any concerns that may arise. To reach a patient representative, call **703.776.3663** or ask a member of your care team for assistance.

Location and Directions

Inova Fairfax Medical Campus is located just off the Capital Beltway (I-495) and Route 50 (Arlington Boulevard) on Gallows Road in Falls Church, VA.

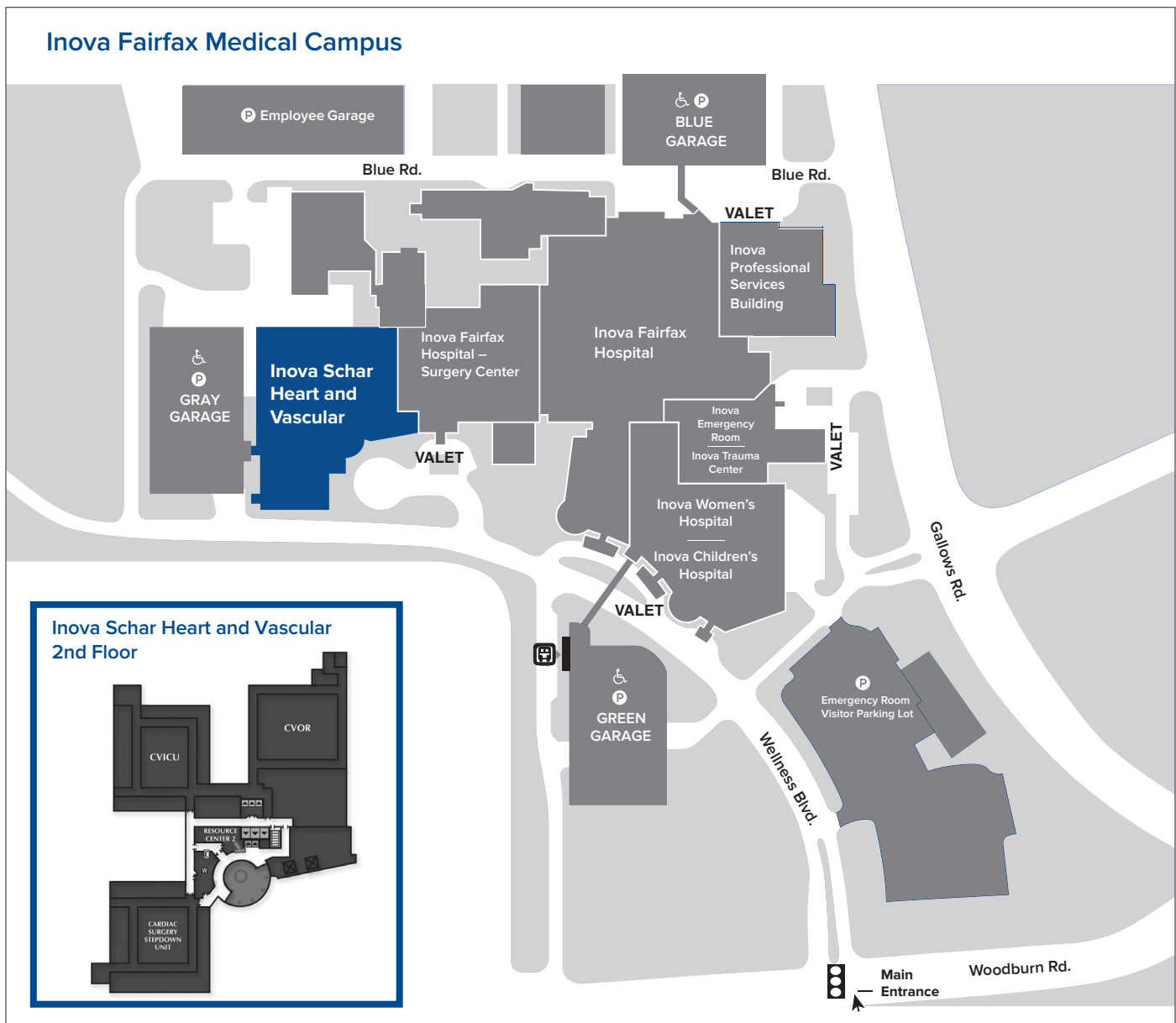
Inova Schar Heart and Vascular
Inova Fairfax Medical Campus
3300 Gallows Rd.
Falls Church, VA 22042

For step-by-step directions to Inova Schar Heart and Vascular, visit our website at inova.org/ifhmaps. You may also call the hospital operator at **703.776.4001**.

Parking

Parking is available in the Gray Garage, which connects to Inova Schar Heart and Vascular. Parking costs \$5 per day. You can pay at the ticket kiosks located at the entrance to Inova Schar Heart and Vascular from the Gray Garage or as you exit the garage. Bring your ticket with you if you plan to use the kiosks.

Multiday passes that include ten parking passes for \$20 are available through Inova's gift shops.



Your Healthcare Decisions

Ethics Consultation

Inova Schar Heart and Vascular's Ethics Committee can help you and your family deal with complex healthcare decisions. The committee offers consultation services to assist patients, families and hospital staff in formulating an appropriate care plan. Its role is advisory only, helping to clarify issues and ease the decision-making process. None of those involved is bound by the suggestions discussed.

If you and your family would like to meet with the ethics committee, ask your nurse or call the hospital operator by dialing "0."

Advance Directives

As an Inova Schar Heart and Vascular patient, you have the right to create an advance directive, which helps ensure that your healthcare choices are followed if you cannot communicate those choices to your caregivers.

A living will allows you to state the types of treatment you do or do not wish to receive following the diagnosis of a terminal condition. Your doctor is required to honor your directive within the limits of the law. We encourage you to talk to your doctor about these issues prior to your surgery, so you can make more informed decisions.

A durable power of attorney for healthcare lets you legally appoint a relative or close friend to make healthcare decisions for you if you are unable to do so. These decisions could include making anatomical gifts (organ and tissue donation).

Visit [inova.org/advancedirectives](https://www.inova.org/advancedirectives) for more resources and information.



Rapid Response Team (RRT)

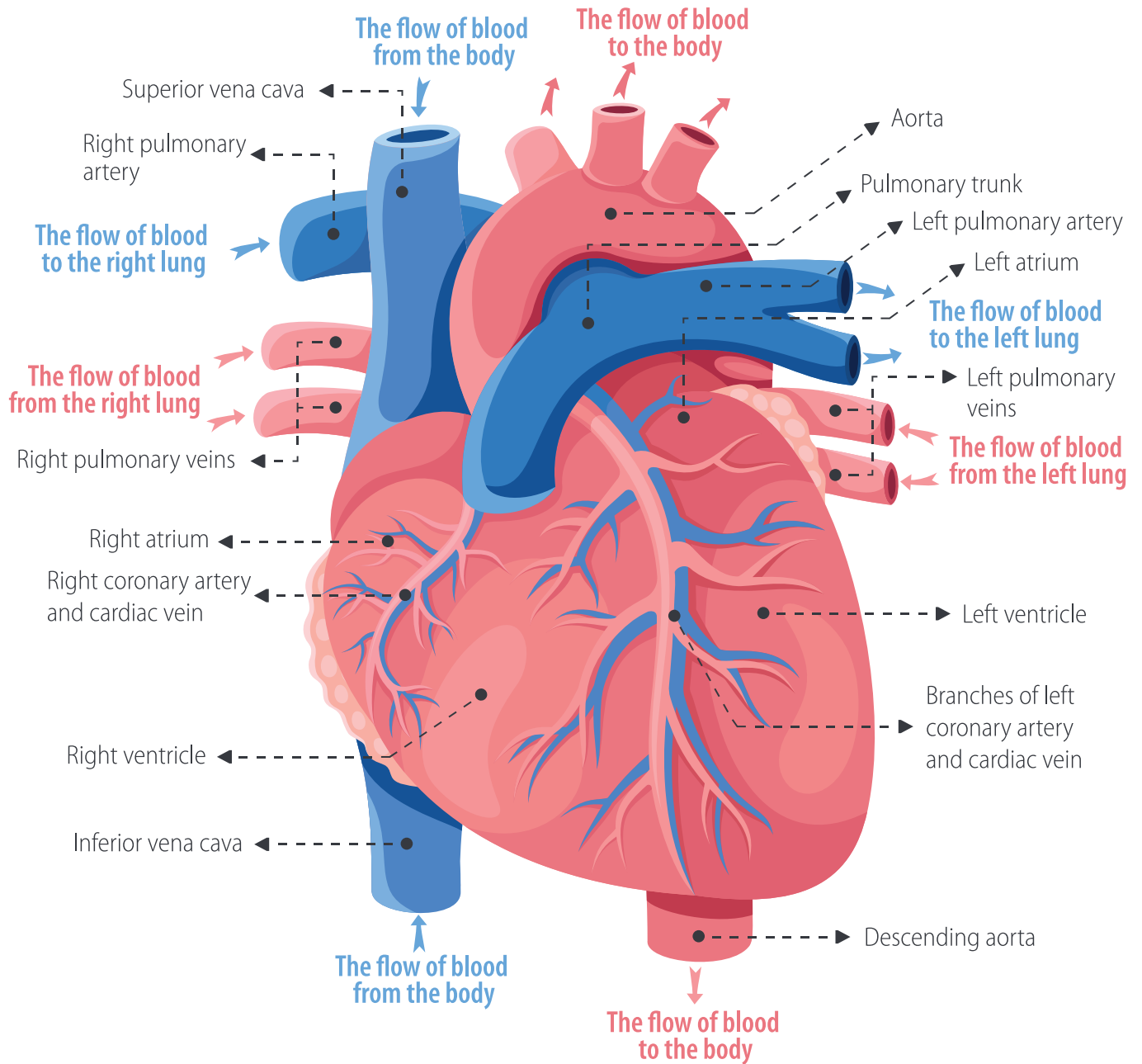
If there is a sudden change in the patient's condition and a nurse is not immediately available, call **ext. 65555** from any hospital phone. The operator will answer immediately and, the RRT will arrive to help within 10 minutes.

The goal of the RRT is to help patients before a changing condition becomes life threatening. The patient, companion or healthcare team members can call the RRT. The RRT is available 24 hours a day, 7 days a week, 365 days a year.

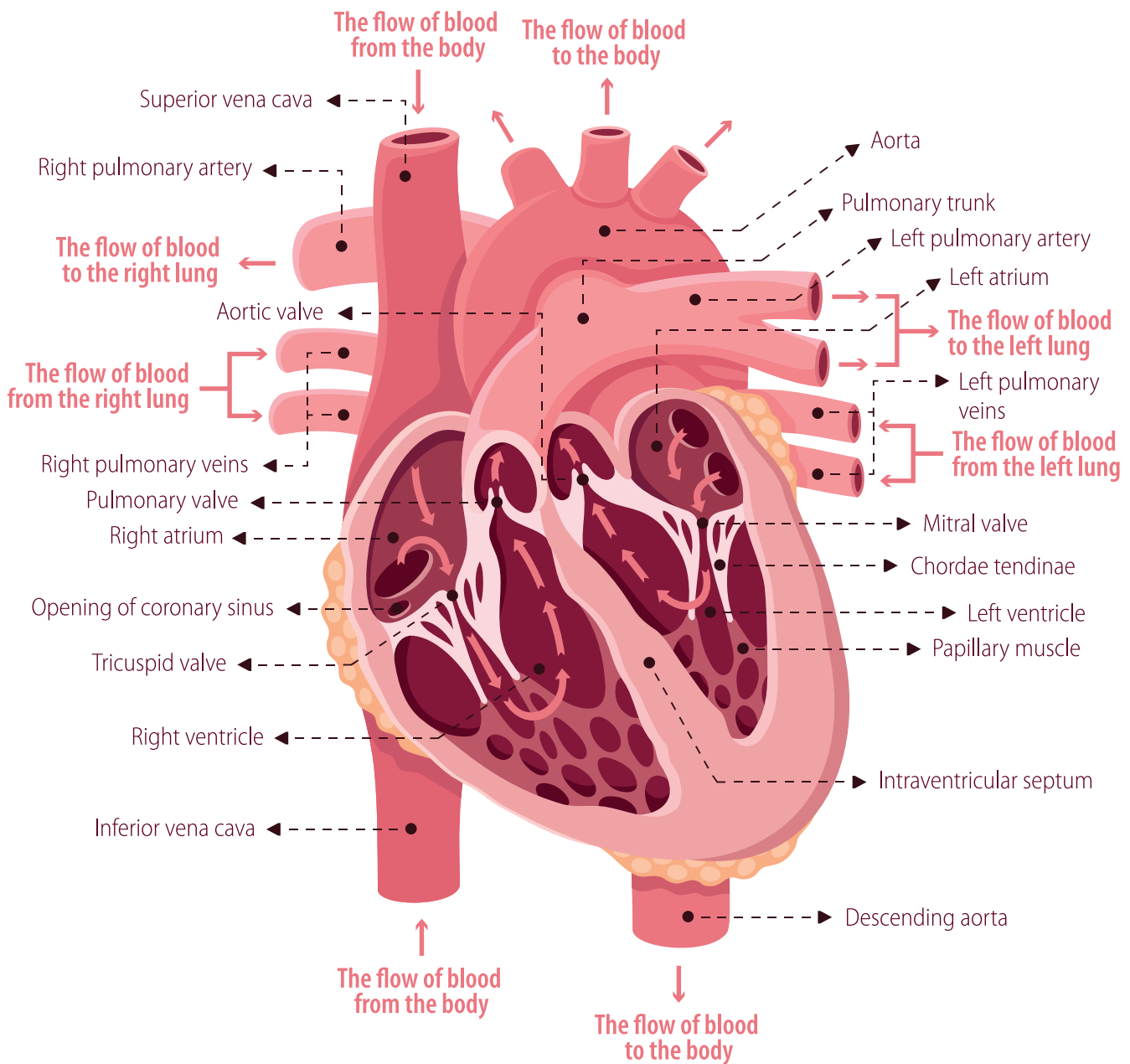
SECTION 2: HEART DISEASE AND TREATMENT OPTIONS

How Does the Heart Work?

Exterior View of the Heart



Interior View of the Heart



- The **myocardium** pumps blood to all body tissues.
- The **right atrium** receives oxygen-poor blood from the body for oxygenation.
- The **left ventricle** pumps oxygenated blood back into the body.
- Four **heart valves** keep blood moving in one direction, opening and closing with each heartbeat.
- The **coronary arteries** carry oxygen and nutrients to the myocardium.
- The **conduction system** controls the heartbeat, stimulating the heart to contract and pump blood.

What Is Heart Disease?

Heart disease is one of several cardiovascular diseases, which are diseases of the blood vessel system. For example, narrowed or blocked blood vessels can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions such as those that affect your heart's muscle, valves or rhythm are also considered forms of heart disease.

Risk Factors for Heart Disease

Certain risk factors increase your chances of having heart disease. Some, such as age and family history, cannot be changed. Others, such as diet, exercise and smoking, can change. Read below to learn more about the risk factors you can control and consult the “Healthy Lifestyle Changes” section of this guide for tips on succeeding.

High Blood Cholesterol

Cholesterol is a fatty substance in your blood that can build up on artery walls and block blood flow to the heart and brain. Fatty and processed foods, trans fats, and full-fat dairy products can raise cholesterol levels in your blood.

High Blood Pressure

High blood pressure causes your heart to work harder to pump blood through your body. Over time, artery walls become damaged and threaten the heart, brain, kidneys and other organs.

Smoking

Smoking damages your arteries, reducing blood flow to your heart and brain. It greatly increases your risk of heart disease, stroke, lung disease and cancer. Smoking after a heart attack doubles your risk of a second attack.

Lack of Exercise/Sedentary Lifestyle

Your heart is a muscle and needs regular exercise to stay strong. Staying active reduces your risk of heart disease and stroke. Exercise can help you with stress and weight management as well.

Excess Weight

Excess weight can increase your risk of heart disease by causing unhealthy increases in blood pressure, cholesterol and stress. You may also be at higher risk for developing diabetes when you are overweight.

Diabetes

Diabetes is a disease that prevents your body from using sugar (glucose) correctly. Over time, it can damage arteries and increase your risk of heart attack, stroke and kidney disease.

Stress

Stressful feelings and events can raise the level of cortisol in your blood, elevating heart rate and blood pressure and eventually damaging your arteries and heart.

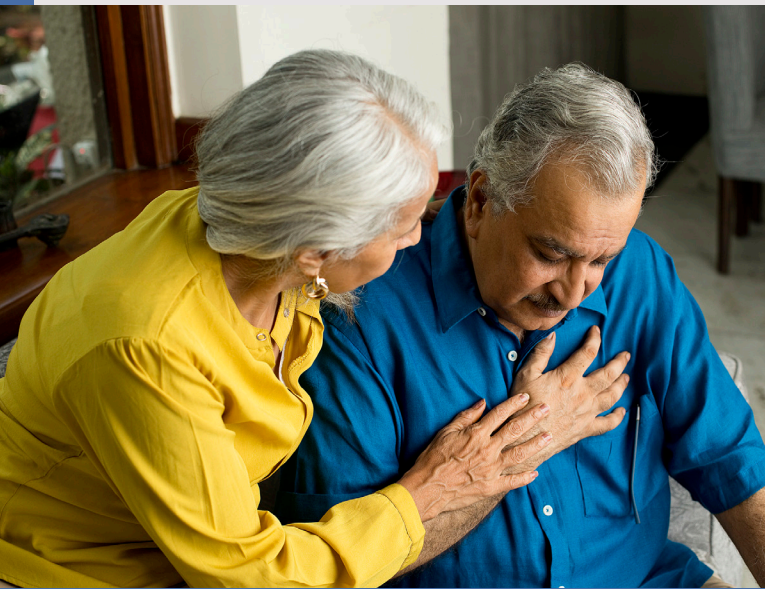
What Is a Heart Attack?

A heart attack (myocardial infarction) occurs when oxygen-rich blood can't get to part of the heart muscle. Effects range from a heart muscle injury to permanent heart damage to death. Prompt, efficient treatment is key to surviving a heart attack.

How Is a Heart Attack Diagnosed?

There are several methods and tests used to diagnose a heart attack. An electrocardiogram (EKG) measures electrical activity in the heart and determines irregular rhythms and electrical conduction. Blood tests measure elevated cardiac enzymes, and an echocardiogram (ultrasound) measures heart size, pumping strength and damage.

Cardiologists determine the level of damage to the heart and make recommendations for next steps, with the goal of preventing a future heart attack.



Heart Attack Warning Signs

Call **911** immediately if you experience any combination of the symptoms below. **Do not delay!** Do not drive yourself to the hospital or have a friend drive you. Emergency medical services teams have the emergency medical equipment needed to begin treatment on the way to the emergency room.

Symptoms:

- Intense or prolonged chest pain, pressure or discomfort lasting more than a few minutes
- Discomfort radiating to the left or right shoulder, left or right arm, neck, back, jaw, or ears
- Prolonged upper abdominal pain
- Pounding heart or palpitations
- Shortness of breath
- Fainting or loss of consciousness
- Nausea or vomiting
- Sweating
- Abnormal skin color
- Frequent angina that is not due to physical or emotional exertion
- Angina that is unrelieved after taking 3 nitroglycerin tablets in 15 minutes

What Is Angina?

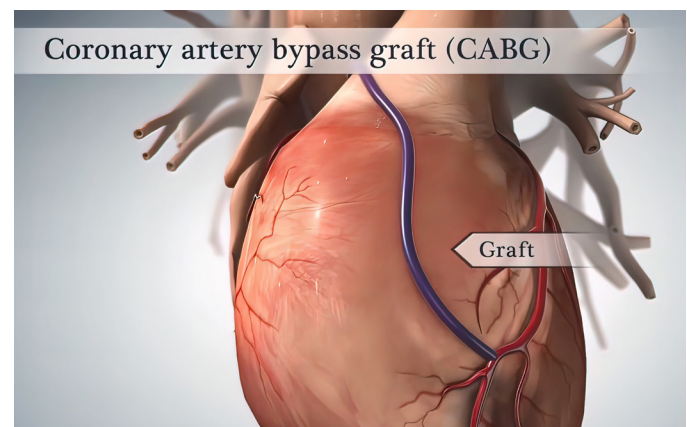
Angina is a temporary lack of oxygen and blood flow to the heart caused by blockages in the coronary arteries. Symptoms include pressure or tightness in the chest with dull pain, usually brought on by physical or emotional stress, with symptoms easing or disappearing when stressful activity stops.

Stable angina recurs in a predictable pattern; unstable angina is unpredictable and requires prompt medical attention. Unstable angina is treated with medication, angioplasty and stent placement to widen coronary arteries, or bypass surgery.

Treatments and Procedures

Coronary Artery Bypass Grafting (CABG)

CABG surgery relieves the symptoms of angina and other coronary artery blockages. It uses a healthy blood vessel from another part of the body to bypass the blocked or narrowed artery and restore blood flow to the heart. Traditional surgery involves a midline chest incision over the breastbone. The patient is either placed on a heart-lung machine or, in certain circumstances, receives heart stabilization techniques “off-pump.”



Heart Valve Repair and Replacement

Heart valve repair or replacement corrects conditions caused by valves that are too narrow to allow blood to pass or valves that do not close properly.

Surgical heart valve *repair* fixes valves that cannot close tightly enough to prevent backflow of blood, which causes the heart to strain and work harder while reducing overall cardiac output. When diseased valves cannot be repaired, they must be removed and replaced with a substitute mechanical or biological valve.

Catheter-based valve replacement therapies such as transcatheter aortic valve replacement (TAVR) and transcatheter mitral valve replacement (TMVR) may be an option for some patients with narrowed valves. These minimally invasive surgical repairs or replacements involve a small incision to accommodate special instruments.

Nonsurgical heart valve repair (balloon valvuloplasty) is performed in the cardiac catheterization laboratory rather than in an operating room.

Maze Procedure for Atrial Fibrillation (AFib)

AFib is an abnormal heart rhythm and is the most common cardiac arrhythmia in the United States today. A Maze procedure treats AFib when medical therapy has failed for patients with severe symptoms of AFib or who also need other heart surgery.

Traditional surgery involves a series of maze-like incisions in the heart's upper chambers to block the irregular electrical impulses that cause AFib. The patient receives a midline chest incision over the breastbone during the procedure while supported by a heart-lung machine. A minimally invasive version of the Maze procedure uses a smaller chest incision or thoracotomy.



Aortic Aneurysm Repair

An aortic aneurysm forms when part of the thoracic or abdominal aorta weakens and the wall stretches and expands like a balloon threatening to rupture. Surgery involves removing and replacing the aneurysm with a synthetic tube and usually requires a chest or abdominal incision. Stenting may be an option for some patients, which requires smaller incisions or access through the blood vessels in the groin.

SECTION 3: PREPARING FOR SURGERY

The following guidelines will help you prepare for surgery at Inova Schar Heart and Vascular. Your surgeon may give you additional instructions and information. If you have any questions about these pre-surgical procedures, contact your surgeon. You can also visit [inova.org/myheartsurgery](https://www.inova.org/myheartsurgery) for detailed information and videos on what to expect.

Restrictions After Surgery and Planning Ahead

- You will not be able to drive for six weeks after discharge.
- Prepare your home for your return by coordinating pet care, placing objects within reach and removing fall hazards.
- Arrange for someone to help you at home with showering, preparing and cooking meals, grocery shopping, picking up prescriptions, and transportation to doctor's appointments.
- Think about the steps in your home. You will be able to navigate steps, but you will want to plan your day so that you do not have to go up and down them frequently. Limit step climbing to one or two times a day for the first two weeks.
- You will not be able to lift, push, pull or tug more than 5 to 10 pounds for approximately six weeks following surgery. You will need help with physical activities such as walking the dog, vacuuming, etc.
- Find out if your insurance covers visiting nurses or home healthcare after discharge should you need it. Some insurance companies do not have this benefit, and this may be important to know before admission. Our home health liaisons will help arrange these services after surgery.
- You will need to have someone available to give you a ride from the hospital on the day of discharge.
- We encourage you to limit visitors to close family members during your hospital stay. You will be tired! We suggest that you ask your friends and extended family to wait to visit until you return home.

Pre-Surgical Instructions

Food and Drink

If you are having inpatient surgery: do not eat anything, even gum or mints, after 11 p.m. the night before surgery.

If you are having outpatient surgery: do not eat anything, even gum or mints, after 11 p.m. the night before surgery. You may have "clear" liquids or ice chips up to two hours before your hospital arrival time. Clear liquids include water, apple juice, sports drinks such as Gatorade, and coffee or tea without cream or milk. Sugar or sweetener may be added.

For all surgeries – inpatient or outpatient:

- You may take medications you are instructed to take on the day of surgery, with water.
- You may brush your teeth the morning of surgery, but do not swallow.
- Do not smoke (starting a minimum of 24 hours prior to surgery).

Medications

- Follow your surgeon's instructions about stopping or continuing to take your medications.
- Apply Bactroban nasal ointment for five days before surgery, including the night before and the morning of surgery, to the inside of your nostrils using a cotton-tipped swab.

Jewelry, Nail Polish and Makeup

- Remove all jewelry (including rings), nail polish and makeup.

Shower/Bath Instructions

Shower or bathe with chlorhexidine solution (over the counter) the evening before and the morning of your surgery (note to men: please shave your face before you shower but do not shave your chest before surgery).

- Wash with regular soap, shampoo your hair and rinse off.
- Then, using the chlorhexidine solution and your hand, wash again from the neck down, gently scrubbing your skin and taking care to keep the solution away from your eyes and mouth.

- Rinse off. Dry yourself with a clean towel.
- Do not apply lotions, powders, deodorant, colognes, perfumes or hair care products.
- Sleep on clean sheets and wear clean clothing following your showers.

What to Bring to the Hospital

When you come to the hospital:

- Bring containers for eyeglasses, hearing aids or dentures. If you usually wear contact lenses, leave them at home and wear glasses to the hospital.
- Bring a copy of your advance directive, living will or durable power of attorney (see Advance Directives on pg. 6 for more information).
- Bring your insurance card and picture ID.
- Do not bring any jewelry, valuables or large sums of money to the hospital.
- Bring your home CPAP machine, if you use one. You may also bring mobile devices, but you will be responsible for keeping these items safe.
- Do not bring the following items with you for surgery, but you may ask a loved one to bring them to your hospital room the day after surgery: a small bag containing loose-fitting clothes for discharge (pants with an elastic waist, a button-down or zippered shirt, and loose-fitting shoes or slippers), a robe and toiletries.

Day of Surgery Checklist

- Do not eat anything, even gum or mints (starting at 11 p.m. the night before surgery).
- Take only the medications your surgeon's office instructs you to.
- Do not smoke (starting a minimum of 24 hours prior to surgery).
- You may brush your teeth the morning of surgery, but do not swallow anything.
- Remove all jewelry (including rings), nail polish and makeup.
- Shower or bathe with chlorhexidine solution as indicated in the "Shower/Bath Instructions" section on page 12.
- Apply Bactroban nasal ointment to the inside of the nostrils using a cotton-tipped swab.
- Wear comfortable, loose-fitting clothes.
- Bring your insurance card and picture ID.
- Bring a copy of your advance directive, living will or durable power of attorney (see Advance Directives on pg. 6 for more information)
- Bring all other applicable items listed in the "What to Bring to the Hospital" section.

Directions to Surgery Location and Check-In

On the day of your surgery:

- Follow the signs for Inova Schar Heart and Vascular (see the **Location and Directions** section on pg. 4).
- Park in the **Gray Garage**, located at the rear of the campus, next to Inova Schar Heart and Vascular.
- Enter the hospital through the **Gray entrance**.
- Once inside, look for the sign for **Cardiac Surgery Check-In**, toward the back left side of the ground floor lobby.

About the Cardiovascular Operating Room (CVOR)

After you check in on the day of your surgery, a volunteer will escort you to the pre-operative area of the CVOR, where you will change into a hospital gown. Only one family member or friend is permitted to join you in the pre-op area.

Day of Surgery Schedule

- You will wait in the pre-operative holding area until it is time for your surgery.
- You will meet your surgeon, anesthesiologist and operating room team and will sign final consent forms.
- Surgery will begin approximately 45 minutes after you leave the holding area.
- Your surgeon will have given you an estimated length of time for your procedure. Be sure your loved ones know what this is.
- A status board in the family waiting area posts procedure schedule updates. Each patient is assigned a number to maintain privacy.
- Near the end of your surgery, your nurse will call your family to give them an update.
- Timing of further updates may vary, depending on your surgical procedure.
- When the procedure is over, your surgeon will meet with your loved ones to explain how things went and answer questions.
- You will be taken to the cardiovascular intensive care unit (CVICU).

Surgery Updates and Visits from Loved Ones

Our goal is to provide you with excellent care and keep your loved ones well informed throughout the surgical process. We know waiting can be stressful, and we are committed to sharing information as soon as possible after your procedure. Be sure to share the “Day of Surgery Schedule” on this page with your loved ones, so they know what to expect during your surgery.

Once you are in the CVICU, an Inova team member will notify your loved ones when they can come visit you and will lead them to the unit. Often there is a delay of an hour or more between the time your surgeon meets with your family and the time they are allowed to visit you, which is entirely normal and not a cause for concern. However, if your loved ones have waited more than two hours after speaking with your surgeon, they should ask a volunteer to call the CVICU. If a volunteer is not available, they can use the phone in the waiting area to call extension **62211** for an update.

The day of surgery can be a long day for your loved ones. Several food venues are located throughout Inova Fairfax Medical Campus. Visit inova.org/ifmc for more information. In addition, laptops and cell phones are permitted in the family waiting area.



About the CVICU

After surgery, you will be brought from the operating room directly to the CVICU. Our team of healthcare providers has a shared responsibility to make your stay as comfortable and pleasant as possible. Once you are settled into your hospital room bed, family will be allowed to visit.

CVICU Visiting Hours

During times of highly infectious disease spread, visiting hours are subject to change.

- CVICU restricts visiting hours at the department's discretion. Your nurse will decide when visitors can see you based on your recovery progress.
- Loved ones should not visit when the nursing staff changes shifts from 6:30 – 8 a.m. and p.m. Loved ones should also keep visits brief and go home each night.

After Surgery in the CVICU

- Visitors should expect to see you intubated on a ventilator, with bandages and several IVs and attachments including chest tubes, a pacer box, a large monitoring IV and a urinary catheter. These attachments are normal, and visitors should not be alarmed. In addition, you will receive significant fluids in the operating room and may appear swollen.
- Whether or not you have a history of diabetes, you will be placed on IV insulin.
- You will be closely monitored after surgery and have your vital signs checked hourly.
- Once extubated, you will be placed on a clear liquid diet (no sugar for 24 hours) and advance to a cardiac diet (or consistent carbohydrate diet, if diabetic) as you feel ready.
- You will be taught movement guidelines (pg. 19), how to use an incentive spirometer and the importance of ambulation. Early ambulation (light activity such as standing or walking) is key to a successful recovery.
- Our physical therapists (PTs) and occupational therapists (OTs) will work with you as soon as possible to help you achieve mobility quickly.

Who Can Visit the CVICU

- Only immediate family members are allowed in the CVICU.
- Except for the first visit, only two visitors are allowed at a time.
- Children over the age of 16 may visit. In special circumstances, younger children may visit with preapproval from department management.

Entering the CVICU

- The CVICU is a secured access unit. Visitors must ring the gray doorbell outside the entrance door to come in. Please ring the doorbell once and try ringing again if no one has answered after a short wait.
- To protect patient privacy, we request that visitors ring the doorbell every time they wish to enter the unit, even if the doors are open.
- Visitors will be asked for the patient's name before entering.
- Flowers and plants are not allowed in the CVICU, as they often harbor bacteria that can harm patients recovering in the unit.

CVICU Waiting Room Etiquette

- Please respect the privacy of other families sharing the waiting area.
- Please do not rearrange the furniture.
- Sleeping overnight is not allowed.
- Please help keep the waiting area clean by discarding trash in the proper receptacle.
- Bathrooms are outside the CVICU near the family waiting area.

Patient Updates

Please designate one family member to call the family phone number, **703.776.2211**, for patient updates. Please do not call during nursing shift changes (6:30 – 8 a.m. and 6:30 – 8 p.m.).

Questions or Concerns?

Call the CVICU director via the nurses' station at **703.776.3283**.

About the Cardiovascular Stepdown Unit (CVSDU)

Once your care team determines that you are ready to leave the CVICU, the CVSDU team members will safely escort you to the unit. Congratulations on making it one step closer to home!

During Your Stay in the CVSDU

- You will be expected to walk several times a day.
- Your bandages, pacer box, chest tubes and insulin drip will be removed over the course of several days.
- CVSDU staff will work to prepare you to go home safely.
- Movement guidelines will be reinforced.
- Please note: Inova offers educational videos that can be accessed from your room's TV.
- Our PTs and OTs will work with you as soon as possible to help you achieve mobility quickly.

Meal Schedule

Our hospital's food service staff provides nutritious meals, based on your individual dietary requirements or limitations.

- **Breakfast** is served between 7:30 and 8 a.m.
- **Lunch** is served between 11:30 a.m. and noon.
- **Dinner** is served between 5 and 5:30 p.m.

Room Phone Number

- Your hospital room phone number is: **703.776.7 + room number**. For example, if you are in room 250, your phone number is **703.776.7250**.
- Patient phones are turned off to incoming calls at 9 p.m. every night to ensure a restful environment.
- For **urgent matters after 9 p.m.**, family members may call the CVSDU main nurses' station at **703.776.3295**.

Your Healthcare Team

- **Surgeons, physician assistants (PAs) and nurse practitioners (NPs)** are responsible for managing your care. They visit patients each day and can answer questions or address concerns. PAs and NPs wear maroon scrubs or standard green operating room scrubs.
- **Registered nurses** are responsible for your direct patient care and coordination of that care. Our nurses wear navy blue scrubs.
- **Clinical technicians** start IVs, change dressings, and help with your daily activities such as getting in and out of bed, taking baths, and eating meals. Our clinical techs wear green scrubs.
- **PTs and OTs** help you with mobility, support activities of daily living and evaluate you for readiness for discharge. Our PT and OT staff wear dark green scrubs.
- **Monitor technicians** provide 24-hour observation of your cardiac rhythms from our centralized monitoring center.
- **Secretaries** keep our unit running smoothly. They answer phones and respond to your call lights.

CVSDU Visitors

- Having your loved ones close during recovery is important. We have an "open door" visitation policy. You may have visitors at any time.
- We recommend limiting visitors to two at a time, so you don't get too tired.
- For visitors' convenience, several restaurants are onsite at Inova Schar Heart and Vascular. Visit inova.org/ifmc for details or inova.org/ifmcpatient to download our patient information guide.



Your discharge education begins the moment you arrive at the CVSDU. Depending on the type of surgery, patients are generally discharged two to four days after arriving on the unit.

- Be sure to have the clothes you will wear home and arrange a ride home the day before discharge to ensure a smooth transition.
- Bring comfortable, loose-fitting clothes and shoes/slippers to wear home. You may have some swelling in your feet after surgery.
- Discharge orders are only given after PA/NP morning assessments. We do our best to discharge patients before noon, but discharge times vary.
- Make sure you know whom to contact if you have questions or problems after you get home. Your discharge packet will include emergency contact numbers.

Tips to Avoid a Fall While in the Hospital

Illness and/or medicines can affect your ability to move and put you at risk for falls. To avoid a fall while you are in the hospital, please follow these suggestions from our nursing staff.

Always:

- Wear good-fitting, nonskid footwear and walk slowly.
- Wear your eyeglasses.
- Use your cane, walker or other personal assistive devices, if approved by your care team.
- Plan regular trips to the toilet to avoid the need to rush. (Use your call bell for assistance.)
- Ask for help getting out of bed, especially if you feel weak, dizzy or lightheaded.
- Be sure your bedside table, telephone and call bell/light are within reach.
- Keep the nightlight turned on in your room.

Remember: We are here to help you, so please call, don't fall.

We will provide you with an after-visit summary packet with your follow-up cardiac surgery office appointment; a referral to cardiac rehabilitation; medications to stop, start and continue; and a schedule for when to take those medications. There are also additional instructions that pertain to your surgery and condition.

- Make appointments to see your cardiologist (two weeks after surgery) and primary care doctor (four weeks after surgery) when you get home.
- Always clean your hands before and after caring for your wound. Your doctor or nurse should explain everything you need to know about taking care of your incision site(s). Make sure you understand how to care for your wound before you leave the hospital. If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage or fever, call your doctor immediately. See Incision Care – Preventing Surgical Infections on pg. 19.

Follow-Up Appointments

- **One week after surgery:** As part of your discharge, we will make an appointment for you to visit your surgeon's office within one week. You will typically see an advanced practice provider for your follow-up visit and may be asked to get a chest X-ray before your appointment. Our cardiovascular rehabilitation team will also contact you within the first week.
- **Two weeks after surgery:** You will need to see your cardiologist two weeks after surgery. Please make this appointment after you are discharged.
- **Three to four weeks after surgery:** You will need to see your primary care doctor three to four weeks after surgery. Please make this appointment after you are discharged.

Questions or Concerns?

Contact the CVSDU director via the nurses' station at **703.776.3295**.

SECTION 4: RECOVERING FROM SURGERY – AT-HOME CARE

Patients recovering from heart surgery experience a wide range of symptoms. Some patients recover quickly, while others are slower to heal and need additional help. It is not unusual to feel tired and weak after surgery. Ask extended family and friends to visit you after you have had some time to recover at home.

- **Complete your vital sign log** (provided at discharge) each day, including taking your blood pressure, temperature, pulse and weight.
- **Keep your legs elevated** while sitting.
- **Eat a heart-healthy diet** (see the Eat a Heart-Healthy Diet section on pg. 23).
- **Know your “recovery zones.”** Review the “Managing CABG Recovery Using Zones” handout provided by our staff. The handout includes a 90-day treatment plan and explains recovery zones including expected symptoms and actions for each:

Green Zone: All Clear

Yellow Zone: Caution

Red Zone: Medical Alert

Expected Symptoms After Heart Surgery and When to Seek Help

The following symptoms are considered normal and should diminish over time.

Lack of appetite. It is normal to have a diminished sense of taste or even nausea around food after surgery. It often takes several weeks for your appetite to return to normal. Eat what you feel like until your appetite returns – avoiding added salt. When you are able, resume a low-fat, low-cholesterol, low-sodium diet.

Swelling. Swelling is normal, especially if you have an incision in your leg. Elevating your legs can help.

Sleeping difficulties. You may experience trouble falling asleep or returning to sleep after waking up.

Constipation. If you are constipated, taking a laxative or adding fruit, fiber and juice to your diet can help.

Mood swings and depression. You’ll likely have good days and bad days following surgery. Try not to get discouraged. This will improve.

Clicking sensation in your chest. You may have a clicking sensation in your chest in the days immediately following surgery, which should decrease over time. If it gets worse, call your surgeon.

How do you know if your symptoms constitute an emergency? Consult the information below for guidance. If you’re unsure, call your physician’s office.

Call 911 If You Have These Symptoms

- Angina-like chest pain
- Heart rate at or above 150 beats per minute with shortness of breath and new irregular heartbeat
- Shortness of breath not relieved by rest
- Coughing up bright red blood
- Sudden numbness or weakness in arms or legs
- Sudden, severe headache
- Fainting spells
- Severe abdominal pain
- Bright red stool

Call the Surgeon’s Office If You Have These Symptoms

- Weight gain above three pounds/day or five pounds/week
- Worsening ankle swelling or leg pain
- Worsening shortness of breath
- Sharp pain when taking deep breaths
- Chills or fever
- Temperature of 101 °F or more twice in 24 hours
- Persistent bleeding or oozing from incisions
- Reddened, swollen and warm wounds
- Skin rash
- New onset of vomiting or diarrhea
- Extreme fatigue
- Acute gout flare-up
- Calf pain that worsens when pointing toe up
- Urinary tract infection, burning or urgent urination, bloody urine
- Draining or reddened wounds
- You have questions about:
 - Post-operative care
 - Discharge instructions
 - Symptom management
 - Incisional care
 - Home healthcare

Movement Guide – Moving in “The Tube”

Moving after surgery is crucial to helping your sternum and the rest of your body heal. Follow the guidelines outlined in the provided handout (Movement Guide – Moving in “The Tube”). If you did not receive this handout, ask your care team for one. These guidelines will help you keep your incision safe and let you return to normal activities that require the use of your arms.

Surgical Site Infections

A surgical site infection can occur after surgery in the part of the body where the surgery took place. Proper care of incisions is critical to avoiding infection. While most patients do not develop an infection, infections occur in about one to 3 of every 100 patients who have surgery. Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever over 101° F
- Shaking and chills
- Clicking or cracking, which may indicate an unstable sternum
- Increased soreness, tenderness or redness along the incision line

Incision Care – Preventing Surgical Infections

Always follow your doctor’s specific instructions, but the following are general guidelines to care for your incision at home.

- Wash your incisions daily with mild liquid soap and warm water, using a clean washcloth for each incision. We recommend Dove for Sensitive Skin body wash or equivalent. Bar soap is not recommended. Do not use antibacterial or scented soaps.

- Avoid vigorous scrubbing.
- Dry your incision with a clean towel by gently patting it dry.
- Do not cover your incision unless it is draining. Call the cardiac surgery office immediately if there is any drainage from the incision site.
- Do not apply any lotions, creams, oils or powders on your incision unless your doctor prescribes them.
- Incisions sunburn easily. Protect them from overexposure to sunlight during the first year following surgery.
- Shower every day. Do not take tub baths or swim until incisions fully heal.

If your surgery involved a bypass graft from your leg, follow these guidelines:

- Care for your leg incision as described above.
- Avoid crossing your legs or sitting or standing in one position for prolonged periods.
- Elevate the affected leg on a stool or coffee table when sitting or on the arm of a couch when lying down to reduce swelling.
- Check your leg daily for swelling, and if it worsens, call your doctor.

Can Surgical Site Infections Be Treated?

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic is prescribed based on the bacteria causing the infection. In some cases, patients need another surgery to treat the infection.

Medications

Depending on the type of heart surgery you had and your personal medical history, your doctor will prescribe some or all of the following medications after surgery. Be sure to follow package or prescription instructions carefully and ask your doctor, nurse or pharmacist to explain anything you do not understand.

- Use the medication schedule to determine when to take medications.
- Use the medication information sheets for details on your medications.
- Take only the medication prescribed in your after-visit summary (provided at discharge).
- Bring your discharge medications and your activity and daily vital sign logs with you to all doctor's and surgeon's appointments.
- Bring individual medication bottles if you have questions.

Please note that your prescribed medications may change over time, but the following medications are commonly prescribed after cardiac surgery:

Antiplatelet agent (e.g., aspirin, Plavix):

- Help keep bypass grafts and arteries open and unblocked in patients who have had bypass or artery-opening (angioplasty or stent placement) surgery
- Prevent blood clot formation
- **Side effects** include upset stomach, increased bleeding/bruising, headaches

Beta blockers (e.g., metoprolol, carvedilol, propranolol):

- Treat high blood pressure and prevent recurrent heart attacks by decreasing the heart's workload
- Block nerve impulses that can cause an irregular heartbeat
- **Side effects** include fatigue, low blood pressure, low heart rate, dizziness

ACE inhibitors (e.g., lisinopril, captopril):

- Treat high blood pressure and prevent future heart attacks
- Reduce the risk of heart attack for diabetes patients
- Relax blood vessels, lower blood pressure and improve blood flow to the heart
- **Side effects** include dry cough, low blood pressure, dizziness, increased potassium levels in the blood

Statins (e.g., Lipitor, Crestor, Zocor):

- Lower low-density lipoprotein ("bad") cholesterol levels in the blood
- **Side effects** include muscle pain, upset stomach, liver damage, constipation/diarrhea

Anticoagulants (e.g., warfarin, Eliquis, Xarelto, Lovenox):

- Help keep blood flowing smoothly by decreasing the amount of clotting proteins in the blood
- Prevent blood clots from forming
- Note: Your healthcare provider must know that you are taking an anticoagulant in case of an emergency
- **Side effects** include bleeding, upset stomach, skin irritation

Antiarrhythmics (e.g., amiodarone):

- Help your heart maintain a regular rhythm
- Used for a short time following heart surgery
- **Side effects** include headache, rash, upset stomach, nervousness

Resuming Daily Activities

Even if you are feeling better, you may not be able to do all you want to do at once. Remember to take it slow and give your body time to adjust.

IMPORTANT: Stop any activity immediately if you feel short of breath, faint or dizzy or if you experience irregular heartbeats or new chest pain. Rest until the symptoms subside. Call your doctor if they continue for more than 20 minutes or get worse.

- **Dressing:** Get up and get dressed each day. Wear comfortable, loose-fitting clothes that do not put undue pressure on your incisions. Women should wear comfortable bras for support.
- **Resting:** A balance of rest and exercise is critical for your recovery. Plan rest periods between activities and take short naps as necessary. Wait at least 30 minutes after meals before exercising. At a minimum, you should rest twice daily for 20 minutes.
- **Walking:** Walking increases circulation throughout the body and the heart muscle, so it's an excellent exercise during recovery. Remember to pace yourself and increase your activity level gradually. In very hot or cold weather, walk at a local shopping mall. If possible, walk

for five minutes, four times per day. Gradually build up to 30 minutes a day.

- **Stairs:** Unless your doctor instructs you otherwise, you can climb stairs. Take it slow and stop to rest if you become tired or breathless. Use your legs and lower body to pull you up, not your arms on the handrail. Climb stairs one to two times a day.
- **Sexual activity:** You can resume sexual activity when you feel comfortable, usually about two to four weeks following surgery. Before resuming sexual activity, you should be able to climb the stairs with no shortness of breath. Continue to adhere to the Movement Guide – Moving in “The Tube” referenced on pg. 19.
- **Driving:** Do not drive until directed by your surgeon (generally six weeks after surgery).
- **Work:** You and your doctor will decide when it is safe for you to return to work. Most patients begin light or part-time work between 4 and 10 weeks after surgery.

Schedule for Resuming Activities

Weeks One Through Six

Contact Inova Schar Heart and Vascular Cardiac Rehabilitation to enroll in one of our programs. Visit inova.org/cardiacrehab for contact information and details. In addition, here are activities you can resume during this time:

- Light housekeeping: dusting, setting the table, washing dishes, folding laundry
- Light gardening: potting plants, trimming flowers
- Reading
- Cooking meals
- Climbing stairs
- Shopping: do not carry bags heavier than 5 to 10 pounds
- Restaurants
- Movies
- Church
- Sporting events (as a spectator)
- Passenger in a car (back seat is safest)
- Walking

- Shampooing hair
- Playing cards/games
- Sexual activity

After Six Weeks

- Continue activities of previous weeks (but you may be able to tolerate more)
- Return to work part time, with your doctor’s approval (if your job does not require lifting)
- Heavier housework: vacuuming, sweeping, laundry, ironing
- More serious gardening: mowing the lawn with a self-propelled mower, raking leaves
- Business or recreational travel
- Light aerobics (no weights)
- Walking a small dog on a leash
- Driving a car or small truck

After Three Months

- Continue activities of previous months (but you may be able to tolerate more)
- Heavy housework
- Heavy yard work: shoveling snow, digging
- Sports: football, soccer, softball, baseball, tennis, bowling, jogging, bicycling, golfing, weightlifting, motorcycle riding, pushups, swimming, fishing, boating, water skiing



SECTION 5: LIVING A HEALTHY LIFESTYLE

Healthy Lifestyle Changes

As a heart surgery patient, you must take action to prevent future heart disease by making lifestyle changes that control or reduce your risk factors.

This section offers input on how to create positive changes in your lifestyle.

Reduce Stress

Stress is a fact of life for most people. The trick is how you manage it. Here are some ideas to try.

- Take good care of yourself by eating well and getting plenty of rest.
- Exercise regularly.
- Let your feelings out. Talk, laugh, cry and express anger when you need to.
- A hobby can help you relax. Volunteer work or work that helps others is often a great stress reliever.
- Relax by meditating, doing imagery exercises or listening to calming music.
- Don't be afraid to ask for help with stress reduction – from family, friends or medical professionals.

Quit Smoking

Quitting smoking is beneficial to all smokers, regardless of age or health condition. Join a smoking cessation class or online program for help.

Short-Term Benefits

- Within 20 minutes, blood pressure returns to pre-smoking levels.
- Within eight hours, the oxygen level in blood increases to normal.
- Within two days, sense of smell and taste improve.
- Within three days, lung capacity increases.

Long-Term Benefits

- Within one to nine months, coughing, sinus congestion and shortness of breath decrease.
- The risk of heart attack, stroke or cancer drops.
- You and the people you live with will be healthier.
- You will have extra money to spend on something other than cigarettes.

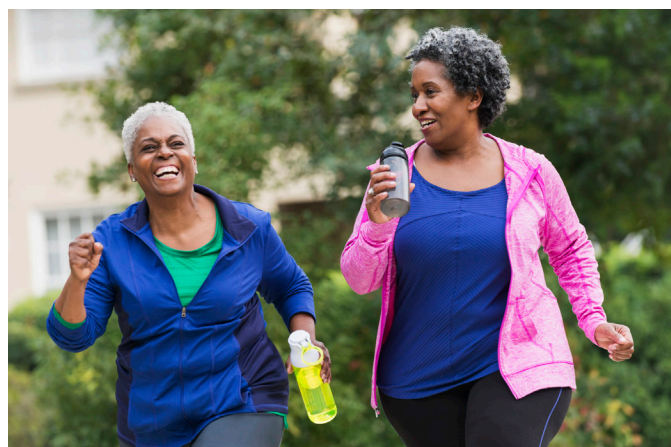
Inova has many tools and resources available to help you quit smoking. Talk to your doctor about the option that might work best for you.

- Inova's Smoking Cessation Program offers group or individual counseling. Call Inova Fairfax Hospital's respiratory care department at **703.776.3392** or visit inova.org/smokingcessation for information.
- Inova Well Quit Coach (inova.org/well) provides resources to help support a quit attempt.
- Quit Lines through Quit Now Virginia offers one-on-one counseling. Call **1.800.QUITNOW (1.800.784.8669)** or, for Spanish, call **1-855.DEJELO.YA (1-855.335.3569)**.
- Check your mobile phone's app store for applications that provide support to help smokers quit.

Exercise

Exercise can help you prevent or recover from disease, lose weight, reduce stress, and improve feelings of wellbeing. Always consult your doctor before beginning an exercise program. Here are some ways to get started. You can also enroll in one of Inova's cardiac rehab programs.

- For heart health, the American Heart Association recommends at least 30 minutes of moderate-intensity physical activity, such as walking, on most days of the week.
- Even small, daily increments of physical activity can help you lose weight and feel better.
- Try building more activity into your daily routine by walking instead of driving, taking the stairs instead of the elevator, or playing outside with your kids or pets.
- Consistency is key – pick an activity you enjoy, so you're more likely to stick with it.
- Exercise options are vast, including biking, walking, dancing, gardening or chores.





Eat a Heart-Healthy Diet

Your doctor has recommended a heart-healthy diet for you, which is an essential part of your treatment once you are home. Please review this section for guidelines. Here are some additional resources:

- American Heart Association: heart.org
- Academy of Nutrition and Dietetics: eatright.org

Heart-Healthy Diet Tips

- **Maintain a well-balanced diet** with plenty of whole grains, fresh fruits and vegetables. Aim for five cups of fruits and vegetables per day.
- **Choose foods higher in fiber**, such as whole wheat, rye, brown rice, wild rice, buckwheat, triticale, bulgur, millet, quinoa and sorghum.
- **Choose lean meats, skinless poultry and fish.** Reduce fat intake by cutting off any visible fat from meat and removing the skin from poultry before cooking.
- **Include more foods with omega-3 fatty acids.** Good sources of omega-3s are mackerel, albacore tuna and salmon. Aim to eat fish twice per week. Other sources are walnuts, canola and soybean oils, and flaxseed.
- **Review cookbooks** for low-fat cooking tips and low-fat recipes.

- **Limit cholesterol** to 200 mg per day.
- **Egg yolks are high in cholesterol**, so limit egg yolks to no more than three per week. Use egg whites and egg substitutes freely.
- **Remove the salt shaker from the table.** Also, keep in mind that foods cooked at home are almost always lower in sodium.
- **Use salt sparingly during cooking.** Reduce total sodium intake to 2,000 mg of sodium per day. Season foods with herbs and spices.
- **Check with your doctor before using a salt substitute**, as these contain potassium.
- **Read labels carefully and avoid processed and convenience foods** to lower your sodium and trans fats intake. Most (70 percent) of our salt intake is from prepared foods, not the salt shaker.
- **Limit intake of trans fats** by checking the list of ingredients for partially hydrogenated vegetable oil, which is found in snack crackers, commercially baked goods and margarine.
- **Replace solid fats (butter and margarine) with vegetable oils when possible.** Use vegetable oils with liquid vegetable oil as the first listed ingredient and no more than two grams of saturated fat.
- **When dining out, ask for sauces and dressings on the side** and use them sparingly by following the “fork dip method.” Before sticking your fork into your food, dip it in the sauce or dressing. Tap any excess off the fork tines and then eat your food.
- **Eliminate fried foods.** Bake, broil and grill your foods.
- **Marinate poultry, fish and meats in lemon or lime juice, herbs and low-fat dressings.**
- **Season foods with herbs and spices.**
- **Aim for healthy body weight.** Balance caloric intake with physical activity. Also, minimize intake of beverages and foods with added sugars.

Heart-Healthy Nutrition Guidelines

FOOD GROUPS	ALLOW	AVOID
Milk and Dairy Products	<ul style="list-style-type: none"> • Skim milk, 1% milk, low-fat buttermilk • Nonfat or low-fat yogurt • Evaporated skim milk • 93% low-fat or fat-free cheese • 93% low-fat or fat-free sour cream and cream cheese 	<ul style="list-style-type: none"> • Whole milk, 2% milk, condensed milk, chocolate milk • Half-and-half, cream, whipping cream, eggnog • Full-fat yogurt, milkshakes, regular ice cream • Regular cheeses • Cheese spreads
Breads, Cereals and Starches	<ul style="list-style-type: none"> • High fiber and whole grain breads, cereals, rolls, buns, bagels and pita bread • Pasta, especially whole wheat or other whole grain types • Brown rice, quinoa or wild rice • Whole wheat or corn tortillas • Plain lima beans, peas, corn, potatoes and yams • Unsalted pretzels • Air-popped popcorn • Granola-type cereals 	<ul style="list-style-type: none"> • Pasta, rice or potatoes prepared with cream or cheese sauces • Potato chips, corn chips and cheese puffs • High-fat snack crackers • Fried noodles • French fries, hash browns and home fries • Egg or cheese breads, butter rolls, croissants, egg bagels, sweet rolls
Fruits	<ul style="list-style-type: none"> • All fresh, frozen or canned fruits and fruit juices • Coconut 	
Vegetables	<ul style="list-style-type: none"> • All fresh and frozen vegetables • Low sodium tomato juice, such as V-8 	<ul style="list-style-type: none"> • Vegetables prepared with cream or cheese sauces • Pickled vegetables such as olives, sauerkraut and pickles
Fats and Oils (Use Sparingly)	<ul style="list-style-type: none"> • Vegetable oil and vegetable oil spreads (examples: safflower oil, corn oil, soybean oil, olive oil) • Flaxseed, canola or soybean oils (high in omega-3 fatty acids) • Salad dressings made from unsaturated fats • Vegetable oil sprays (e.g., Pam) 	<ul style="list-style-type: none"> • Butter, lard, fat-back and hardened shortenings (e.g., Crisco) • Coconut oil, palm kernel oil • Stick margarine • Partially hydrogenated oils • Gravy • Cream-based salad dressings

FOOD GROUPS	ALLOW	AVOID
<p>Meats, Eggs, Poultry and Fish</p>	<p>Moderate 3 oz. servings <i>Limit red meat to three servings per week</i></p> <ul style="list-style-type: none"> • Poultry and game (white meat): chicken, turkey, Cornish hen and venison • Fish: Fresh, frozen or water-packed fish. Aim for two servings per week, especially of fish high in omega-3 fatty acids such as salmon, tuna and mackerel • Beef: Choose low-fat cuts and trim excess fat – round, top loin, tenderloin, sirloin cuts • Extra-lean ground beef • Low salt/low fat lunch meat • Veal: All well-trimmed cuts • Lamb: Choose lean cuts such as leg, loin or shoulder • Pork: Tenderloin, boneless loin chop, leg • Eggs: Egg whites and egg substitutes/ Eggbeaters, up to three whole eggs per week • Beans and Peas: Prepared with low-fat recipes • Nuts and Peanut Butter: Allow in moderation • Tofu and Meat Substitutes: Without added fat or sodium 	<ul style="list-style-type: none"> • Duck and goose • Dark meat and skin from chicken or turkey • Fried, salted or dried smoked fish • Fish canned in brine or oil • Heavily marbled and fatty meats such as ground beef, corned beef, ribs and hot dogs • Fast foods • Ground lamb, mutton • Bacon, sausage, scrapple, chitterlings • More than three egg yolks per week • Fried eggs • Peas or beans prepared with fat or high-fat meat • Canned peas and beans • Regular lunch meat
<p>Soups</p>	<ul style="list-style-type: none"> • Homemade or low-sodium canned soups • Low-sodium broth • Low-sodium “cream” soups made with skim milk 	<ul style="list-style-type: none"> • Regular canned soups • High-fat cream soups
<p>Condiments</p>	<ul style="list-style-type: none"> • Herbs and spices, vinegar and lemon or “Mrs. Dash” • Sauces and gravies made from low-salt broth and without animal fat 	<ul style="list-style-type: none"> • Relish, meat tenderizers, soy sauce, sea salt, onion salt, garlic salt, worcestershire sauce, teriyaki sauce, steak sauce and kimchi

SECTION 6: ADDITIONAL RESOURCES

Inova Schar Heart and Vascular Website

inova.org/heart
inova.org/hearthealth

Visit Inova Schar Heart and Vascular's website, inova.org/hearthealth, to:

- Access information about heart and vascular disease
- Learn about heart and vascular disease treatment and prevention
- Take online health assessments
- Use Inova's patient portal, MyChart, to receive prescription and test information personalized for you
- Locate cardiac specialists

Cardiac Rehabilitation Prevention Program and Cardiac Wellness Programs

inova.org/cardiarehab

Cardiac rehabilitation programs are behavior and lifestyle management programs for adults with heart disease.

Inova's program begins in the hospital and continues on an outpatient basis. Our goal is to make your heart as healthy as possible through lifestyle management and behavior modification education. The clinical team includes exercise physiologists, nurses, dietitians, and physical and respiratory therapists.

Fees and Insurance

Many insurance plans include cardiac rehabilitation benefits. The amount covered varies based on your policy and your cardiovascular diagnosis. Please check with your insurance company to understand what is covered and if any additional documents are needed to qualify for these benefits.

How to Enroll

A physician's referral is required to enroll in the program. You may receive a physician's order during your hospitalization for one of Inova Schar Heart and Vascular Cardiac Rehabilitation Programs, or our cardiac rehab team will contact your physician to obtain the order. If you are enrolling at a non-Inova facility, please check with that facility on how to obtain your order.

Learn about Inova's cardiac rehabilitation programs at inova.org/cardiarehab.

We can also provide you with a list of other suggested cardiac facility locations on request.

Inova Diabetes Services

1.877.511.GOAL(4625)

Inova Diabetes Services is recognized by The American Diabetes Association for quality self-management education and support. We offer comprehensive diabetes education classes, programs and support groups at Inova facilities throughout Northern Virginia. Thanks to easy access from the entire Washington, DC, region, we have counseled thousands of adults and children with diabetes.

Our certified diabetes educators, nurses and dietitians work with your doctor. We empower you to manage your diabetes and improve your health and quality of life as a team.

Whether you are newly diagnosed or have lived with diabetes for many years, we have education, classes and services appropriate for you. Call us at **1.877.511.GOAL(4625)** for more information.

Programs to Benefit Both Adults and Children with Diabetes

Our programs help people with diabetes make lifestyle changes necessary to successfully self-manage diabetes.

We provide essential and comprehensive educational services for adults and children with type 1, type 2 or gestational diabetes. In addition, we offer individualized care and consultations to meet your specific needs.

Current classes and programs for heart surgery patients include healthy eating, exercise, diabetes medications, blood glucose management, heart health and overall wellness.

Weight Management

Inova Diabetes Services offers individualized coaching on weight management. Registered dietitians focus on healthy behavior changes.

This service is offered to individuals with insurance or self-pay (in the future, Medicare coverage will be provided). Participants do not need diabetes to participate in our weight management program.

For more information on classes and programs visit inova.org/weight.

Community and Corporate Programs

Inova participates in community-based events throughout the year in Northern Virginia and the Washington, DC, region. Major events include walks sponsored by the American Diabetes Association and Juvenile Diabetes Research Foundation to raise much-needed funding for increased awareness and support research.

Mended Hearts, Inc.

1.888.HEART99 (1.888.432.7899)

Heart disease and surgery can cloud your vision, leaving you and your loved ones confused and concerned. For more than 50 years, Mended Hearts has been creating networks of patients, spouses, family members, friends and medical professionals – all faced with the realities of heart disease. Their volunteers make thousands of hospital visits to patients and their caregivers each year. In addition, they offer “virtual visiting” via an online program that provides members with support such as answering questions and finding local resources.

Mended Hearts offers hope by:

- Visiting hospitalized heart patients like you to listen to your concerns and answer your questions
- Encouraging patients and those who care for them
- Showing that an active, productive life with cardiovascular disease – even after surgery – is indeed possible (since Mended Hearts visitors also have heart disease)
- Hosting social events to help you relax with others who understand and support patients who may feel isolated as they reenter the world
- Holding monthly programs where members share their strength and positive outlook

Mended Hearts helps by:

- Providing heart-specific information, so you and those caring for you better understand your choices
- Assisting healthcare professionals and organizations in their work with affected patients and families
- Holding health information workshops geared toward your unique needs and interests
- Maintaining a speakers bureau available to adult and youth groups on request

Mended Hearts Northern Virginia Chapter 200

Mended Hearts Northern Virginia Chapter 200 at Inova is affiliated with the American Heart Association, which underwrites administrative costs and supplies various educational materials.

- Mended Hearts’ visitor program is supported by Inova Schar Heart and Vascular, where the visits occur. Inova believes the group’s work aligns with its efforts to provide quality healthcare to local communities.
- Inova provides additional training to Mended Hearts volunteers. The volunteers are also accredited by the parent organization.
- Mended Hearts members receive Heartbeat, the national Mended Hearts quarterly journal, access to the “Members Only” area of the national website and a monthly newsletter with details on programs, upcoming social events and heart-specific news of local interest.

Call Mended Hearts for more information at:

1.888.HEART99 (1.888.432.7899)



Important Phone Numbers and Websites

Phone Numbers for Your Visit

Cardiovascular Intensive Care Unit (CVICU)	703.776.3283
Cardiovascular Stepdown Unit (CVSDU)	703.776.3295
Outpatient Cardiac Surgery Clinic	571.472.4600
Patient Relations	703.776.3663
Hospital Operator	703.776.4001

Program Phone Numbers

Inova Cardiac Rehabilitation Program

- Inova Fairfax Medical Campus
- Inova Alexandria Hospital
- Inova Loudoun Hospital – Lansdowne Campus
- Inova Mount Vernon Hospital

.....	703.776.3635
.....	703.504.3398
.....	703.858.6674
.....	703.664.8238
Inova Diabetes Services	1.877.511.4625
Inova Weight Loss Services	703.348.4716 (option 1)
Mended Hearts Toll-Free Helpline	1.888.432.7899

Websites

Inova Heart Surgery Information	inova.org/myheartsurgery
Inova Fairfax Medical Campus Patient and Visitor Information	inova.org/ifmc
.....	inova.org/ifmcpatient
Inova Schar Heart and Vascular	inova.org/hearthealth



Inova Fairfax Medical Campus
3300 Gallows Rd.
Falls Church, VA 22042
inova.org/heart

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