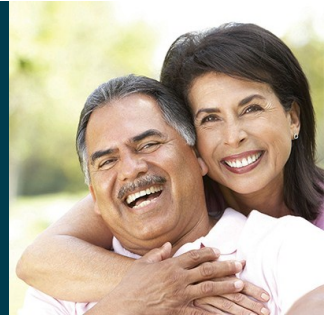











Cardiovascular Surgery

Activities & Interests After Surgery



After your surgery, your surgical team will instruct you to ease slowly into your normal physical activities. Use this chart as a guide. If you have additional questions or concerns during your healing phase, please contact our office at (941) 917-8791.

Walking		5 minutes, 3 times per day	Gradually work up to 30 minutes 3 times per day
Incentive Spirometer		Use multiple times per day to the maximum you are able	Goal Level 3000
Driving		Not before 1st post-op visit	Must be cleared by physician or PA and off all Pain Medications
Lifting Weights		Nothing over 10 lbs and/or anything overhead until 3 months post-op	Must be cleared by physician or PA to reach overhead (small shelf items or cup) after 1st post-op visit
Golfing		If cleared by physician or PA at 1st post-op visit, can putt & pitch only until 2 months post-op	2-months post-op: Irons 3-months post-op: Woods/Driver– Take practice swings 1st to recondition & stretch
Swimming (Pool)		If cleared by physician or PA at 1st post-op visit, can immerse in pool without swimming	No overhead strokes for 3 months post-op
Swimming (Ocean/Hot Tub)		Must be more than 3 months post-op & all wounds completely healed without scabs	
Long Trip by Car		After 1st post-op appointment (be sure to get out of the car and walk around every hour or so)	
Fly in an Airplane		Six weeks after surgery (be sure to get out of your seat and move each hour)	
Tennis		No overhead serves or shots that require reaching behind your back or spreading your chest until 3 months post-op. Take practice shots first to recondition & stretch	
Sex		After 1st post-op visit, without using arms to support weight	
Sleeping on Side		Patient is preferred to sleep on back until 3 months post-op. However, if cleared by physician or PA, and it causes no pain, then after 1st post-op visit.	