What to Expect During Recovery

It's important for you to know what to expect while recovering from heart valve surgery. Ask your doctor to provide information about post-surgical test results, concerns about infection or other complications and a plan for returning to everyday activities. Use the space provided for additional questions or notes.

- Talk about the results of your post-surgical tests to find out how your repaired (or new) heart valve is performing.
- Learn about the most common post-heart surgery complications as well as the warning signs of infection or other problems.
- Go over the details of your exercise and rehabilitation plan.
- Find out how long it should take your body to heal and feel back to normal.
- Go over the medications that you will be taking after surgery, particularly if you need anticoagulation medication after receiving a mechanical heart valve.
- Talk about lifestyle changes that could aid in your recovery and your overall heart health.

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