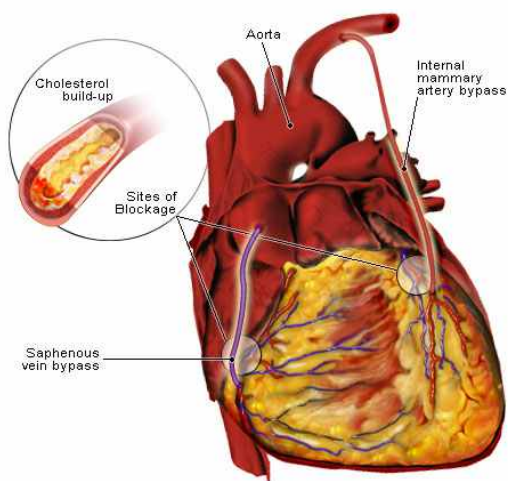


Coronary Artery Bypass Graft (CABG) Surgery



**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**

muscle. The bypass is constructed from either an artery from inside the patient's chest (Internal Memory Artery - IMA) or Artery from the hand Radial Artery or Veins from the legs. At times, the bypass is obtained from other areas too. The Vein Graft and the Radial Artery need to be connected both to the Aorta and the Coronary Artery. Whereas the Internal Memory Artery is left attached to its Inflo Arterial Supply and the end is sewn into the Coronary Artery.

How do I prepare for CABG ?

The patient and family members should find out all details regarding the operation itself, the time in hospital and the recovery process and return to normal conditions. It will help reduce worries about the operation. Feel free to discuss the details and worries and the cost of operation with the doctor. The more you know and understand about the operation the less anxious you will feel about it.

There are few routine investigations that need to be conducted as a preparation for the surgery. A prescription will be given by the doctor. Smoking will have to be curtailed totally in the hospital. Once admitted in the hospital all the necessary investigations as regards the



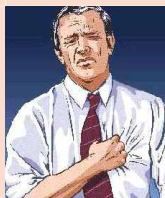
patient will be proceeded. A team of Doctors will visit the patient including the Anesthetist to answer all the queries. The patient's medical history will be noted down, shaving will be done. The patient will be given anti-septic Surgical soap for shower. The operation timing will be discussed with the patient and the same will be informed to the patient's relatives.

Coronary Artery Bypass Graft Surgery

Coronary Artery Bypass Graft Surgery (CABG) is a common and successful way of restoring health and vigor to people with Coronary Artery Diseases.

What is CABG Disease ?

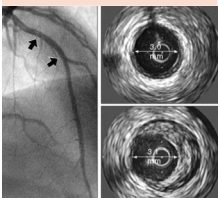
This disease affects the arteries that surround the heart and supply blood to heart. When this artery becomes partially blocked by fatty deposits [Atherosclerosis] then it gives rise to Coronary Artery Disease.



The blockage of Coronary Arteries can reduce the amount of blood reaching the heart muscle. This may lead to bouts of Chest pain called Angina or Heart Attack.

Why do I need CABG ?

If the Coronary Angiography shows multiple blockages then the patient is advised to undergo Coronary Artery Bypass Graft Surgery.



The operation will either remove or improve Angina and/or help the patient live longer. Angina can be described as pain or discomfort usually felt in the Chest. This symptom indicates that the heart is not getting required oxygen to meet its demand.

How does CABG helps ?

The Bypass Grafts help improve the blood supply to the heart muscle by allowing it to function better and prevent Angina. The operation is mainly to improve the quality of life.

What is CABG ?

The Bypass operation deals with the narrowed areas in Coronary Arteries, allowing blood to get to the heart

Post Surgery

The patient will be shifted to the Intensive Care Unit [ICU] for first two days. After examining the patient's condition he/she will be shifted to his/her room. Post-operation, once the patient is shifted to ICU, relatives can come and visit. Once the breathing tube is removed the patient will be able to swallow small amount of liquid, building up food intake over the next couple of days.

Deep breathing exercises and coughing are important for quick recovery. Physiotherapy session will acquaint the patient with all the breathing exercises. Physiotherapy is important as it will speed up the recovery process.

Recovery process

The patient will be in the hospital for five to six days approximately after the operation. Exercises must be continued after discharge from the hospital. It takes about three months for the bones to heal, thus patient may face some type of discomfort but should continue with exercises. The patient should work to a plan of gradually increasing daily activities, particularly walking. At the time of discharge from the hospital the patient will be updated about all medicines that need to be taken and follow up arrangements will be discussed and comprehended by the nurses.

Will the patient have to change his/her lifestyle ?

The operation simply relieves the mechanical obstruction of the Coronary Arteries and it is still necessary to continue progressive measures of the disease. The patient must continue with low fat diet and no smoking, and exercise more. The patient will probably lose weight during the period of the operation but, be careful that the patient does not gain excessive weight during the recovery period.

When should the doctor be contacted ?

Call the Doctor when

- There are signs of infection, fever, chills or swelling
- Feeling short of breath
- If there is any other symptom that is worrying



In case of emergency kindly contact Department of Accident & Emergency - 2445 2575.

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