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*Information for You from Your Health Care Team*

***Taking your child home after heart surgery***

**Incision (Scar) Care:**

1. You may wash the scar with soap and water every day. Your child may take a quick bath or shower. A shower is better since soaking the scar in water for long periods of time should be avoided. If there are steri-strips, they will fall off on their own.
2. Try to keep the area dry between washings. You may put a light, dry bandage over the scar for protection, if you like. Do not use any ointments.
3. The scar should be covered from direct sun for at least one year after the operation.

**Pain or Discomfort:**

- You may give your child Tylenol or Motrin for pain (as directed).

**Diet:**

- Your child may have a regular diet, unless you have been told differently.

**Activity:**

1. Allow your child to rest around the house with light play for the first week. Over the second to fourth weeks allow your child to become more active at his or her own pace.
2. Your child should not return to school until the surgeon or cardiologist permits it. Children usually return to school within a month after discharge from the hospital.
3. Your child should avoid contact sports, gym, swimming and climbing on playground equipment for at least two months.
4. Your child may wade or play in a chlorinated pool.

**Problems:** Please call the office (315-464-1800) if you note the following:

1. **Fever** – Temperature greater than 101 degrees.
2. **Scar** – Redness or swelling, increased pain around the scar, any green or yellow cloudy drainage from the scar.
3. **Breathing** – Your child is breathing more quickly than usual or complaining of increased pain while breathing.
4. **Increased fussiness** – Your child is fussy and pain medicines and rest do not help.

**Speak up if you have any questions or concerns**