

Sternal Precautions

- No lifting more than 10 pounds for the first 6 weeks following surgery. You may add 20 pounds per week thereafter.
- Shower daily, with soap and water directly onto all surgical sites. Keep the incision clean and dry.
- You may find it helpful to brace your chest with a pillow when coughing, sneezing, or changing position.
- As much as possible, avoid sleeping on your side or stomach for the first 6 weeks following surgery.
- Do not push, pull, or lift with your arms to get up. Scoot to the edge of the bed or chair, use a rocking motion, your legs, and your core muscles to get up.
- Use your arms for balance, but avoid placing continuous pressure on them.
- Avoid letting others help you change position by pulling your arms or grab you under the armpits.
- You may move your arms in any direction but avoid any motion that directly pulls on the incision.
- Please contact Yavapai Cardiac Surgery if there is ongoing drainage from your incision or if the drainage appears turbid or infectious. Also, please call if there is increased redness around the incision.