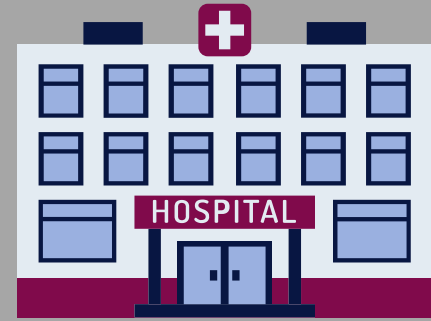


# What your CHD journey could look like:



After discovering that your loved one has a murmur, your gp / cardiologist will likely refer you to a specialist cardiologist.

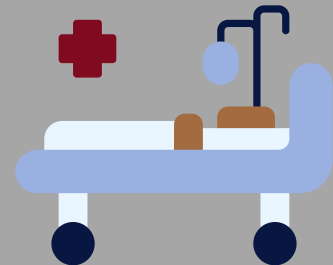
Exact diagnosis is made with the help of a low risk procedure called cardiac catheterisation.



Depending on the severity of the CHD, surgery dates are booked and where necessary weight gain / management plans are created to support your warrior in preparation for surgery.



CHD warriors are admitted the night before their scheduled surgery date. Parents meet with their warrior's surgeon where the details of the surgery are shared with them.



After surgery, your loved one will be taken to CTICU where they will stay until they are strong enough to move to a general ward.



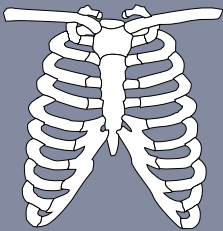
Once sufficiently recovered and strong enough, they are ready to go home and will return for check-ups as frequently as needed. In some cases, follow up surgeries may be required.



# 3 Things to Know about Open Heart Surgery:

1

Our surgeons will make a **15 cm incision down the center of your chest wall**. (The incision is smaller for babies, toddlers and children).



Your **breastbone** will be cut open and the **ribs** will be gently spread.

2

3

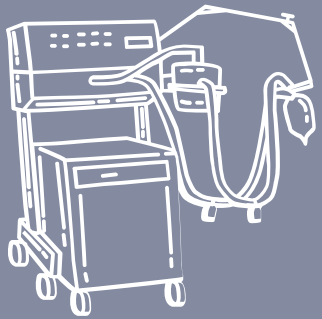
During surgery, you will receive **blood thinners** to **ensure that your blood does not clot**.



# What will happen during Open Heart Surgery?

1

Once you have been put to *sleep* by our anaesthetist, our surgeons will gently open up your chest area to gain access to your or your love one's heart.



As soon as our surgeons reach your heart, they work with the perfusionist to connect you or your loved one to the Heart-Lung machine, which means that the heart is still enough for our surgeons to operate on it.

2

3

When the defect has been rectified and our team feels comfortable, you or your loved one is taken off of the Heart-Lung Machine. Final vital checks are done before the chest is closed.

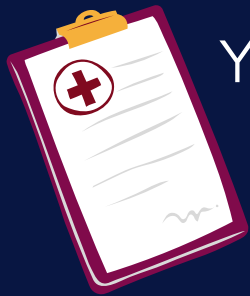




# HOW TO:

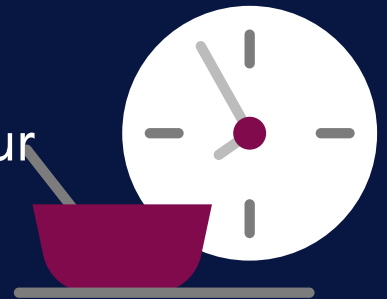
## *prepare for open heart surgery*

You may need to stop taking certain medications a week or two before your surgery. Medications such as blood thinners and NSAIDs – both of which prevent blood clotting and increase the risk of bleeding.,



You may be required to begin taking certain medication, particularly if your condition or defect requires management prior to surgery.

Because anaesthesia is safer on an empty stomach, you will need to fast (not eat or drink) the day of your surgery.



Stop consuming alcohol and quit smoking before your surgery. Both can increase the risk of complications and slow postsurgical healing.

**Disclosure:** Every case and patient is unique. We advise that you follow your healthcare specialists recommendations in preparation for your open heart surgery.