

# Heart Surgery

## INFORMATION GUIDE



Other names:

- Cardiac Surgery

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigan Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigan-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

### Michigan Medicine Resources

- **Michigan Medicine Department of Cardiac Surgery: Patient Information**  
<https://medicine.umich.edu/dept/cardiac-surgery/patient-information>  
Provides pre and post procedure information as well as information on conditions and treatment.
- **Michigan Medicine Frankel Cardiovascular Center Cardiac Surgery**  
<http://www.umcvc.org/conditions-treatments/cardiac-surgery>  
Provides information on cardiac surgery at the University of Michigan Frankel Cardiovascular Center.
- **University of Michigan Tobacco Consultation Service**  
Group and individual quit-smoking programs.  
For more information access:  
<http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email [quitsmoking@med.umich.edu](mailto:quitsmoking@med.umich.edu)

### Brochures and Fact Sheets

- American Heart Association
  - **How Can I Prepare for Heart Surgery?**  
<https://tinyurl.com/y77tqcgv>

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- **What Happens after Heart Surgery?**  
<https://tinyurl.com/y8mt7xhd>
- **How Will I Be Monitored after Heart Surgery?**  
<https://tinyurl.com/yd4lbf3t>
- Society of Thoracic Surgeons  
**What to Expect after Heart Surgery**  
<http://www.sts.org/sites/default/files/documents/pdf/whattoexpect.pdf>

### Books

- Cutlip, M L, and Sari Budgazad. **The Cardiac Recovery Cookbook: Heart Healthy Recipes for Life After Heart Attack or Heart Surgery.** Long Island City, NY: Healthy Living Books/Hatherleigh Press, 2005.
- Huddleston, Peggy. **Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques.** , 2012.
- Kligfield, Paul. Seaton,Michelle D. **The Cardiac Recovery Handbook: The Complete Guide to Life After Heart Attack or Heart Surgery.** New York: Healthy Living Books, 2004.
- Lichtenberg, Maggie. **The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery.** Sante Fe, NM: Open Heart Publishing, 2006.
- Motyka, Elizabeth G, Thomas M. Motyka, and Mark N. Mead. **The Rapid Recovery Handbook: Your Complete Guide to Faster Healing After Surgery.** New York: Collins, 2006.
- Pick, Adam. **The Patient's Guide to Heart Valve Surgery.** Redondo Beach, CA: HeartValveSurgery.com, 2013.
- Smith, William. **Exercises for Heart Health.** Long Island City, NY: Hatherleigh Press, 2009.

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- Wallack, Marc and Colby, J. **Back to Life After a Heart Crisis: A Doctor and His Wife Share Their 8 Step Cardiac Comeback Plan.** New York : Avery, 2014

### Audiovisual Resources

- **Your Heart Surgery: Realization and Repair (American Heart Association)**  
<https://www.youtube.com/watch?v=wMDUXJiXqpw>  
This video features helpful tips from others who have successfully recovered from heart surgery, including how to plan and prepare for your surgery.
- **Your Heart Surgery: Rehab and Recovery (American Heart Association)**  
[https://www.youtube.com/watch?v=Af0zMG\\_1A8s](https://www.youtube.com/watch?v=Af0zMG_1A8s)  
This video features helpful tips from others who have successfully recovered from heart surgery, including how to maximize your recovery at home.

### Web Resources

- **American Heart Association: Cardiac Procedures and Surgeries**  
<https://tinyurl.com/y54wneu5>  
This site provides information on various cardiac procedures and surgeries.
- **HeartValveSurgery.com**  
<http://www.heart-valve-surgery.com/>  
This site is provided by author and patient, Adam Pick. The site has information on heart valve disease and surgery as well as an online community for patients and caregivers to connect.
- **National Heart, Lung, and Blood Institute (NHLBI): Heart Surgery**  
<https://www.nhlbi.nih.gov/health-topics/heart-surgery>  
This page provides information on the different types of heart surgery.

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- **Society of Thoracic Surgeons: The Patient Guide to Heart, Lung, and Esophageal Surgery**  
<http://ctsurgerypatients.org/>  
This site provides information focused on before, during and after heart surgeries.

### Patient Support Organization

- **American Heart Association**  
<http://www.heart.org/>  
1-800-242-8721

This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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