Medications:

During the weeks following your surgery, we want to make sure you are well informed and know what to expect throughout each step of your journey towards recovery.

Today, we are discussing the topic of medications and the importance of taking these medications while recovering. After heart surgery, you will be prescribed a variety of medicines to aid in your recovery. It is essential to only take these prescribed medications upon discharge from the hospital, and discuss with your cardiac surgery team first before taking any other medicine or supplements.

Your discharge paperwork will list the medication name & how often you should take medicine.

Typically, you will receive 4 core medications

- The first class is called statins. These meds help to lower your cholesterol levels, reducing your risk of heart disease and stroke. Side effects include muscle aches and GI upset. Atorvastatin and Rosuvastatin are two examples.

- Next, we have our beta blockers like metoprolol and carvedilol. These meds decrease your blood pressure & how hard your heart works by slowing your heart rate and the force that your heart pumps. Side effects include fatigue & dizziness. Make sure you allow yourself extra time for your body to adjust when changing positions like getting out of a bed or out of a chair.

- Lastly, you will receive aspirin and clopidogrel. These blood thinners help prevent your platelets from forming clots after surgery, allowing your body to bring oxygen rich blood and nutrients to heal your surgical wounds. These meds do increase your risk of bleeding, so avoid any activities that may cause acute trauma.

- Other meds include:
  -- Furosemide, which is a diuretic or water pill. This med will make you urinate more frequently so take it in the early morning or afternoon to avoid any accidents. Side effects include dizziness.
  -- Docusate can also be given for constipation. This stool softener will make it easier for you to have a bowel movement without straining.

- Be sure to keep a steady medication schedule and routine, and consult with your doctor if you have any questions or complications regarding your medicine.

If you have any questions or concerns, we are here for you. You can contact our office by calling: 713-486-5100 or send us an email at: info.ctvs@uth.tmc.edu