

OPEN HEART SURGERY

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ABSTRACT

Open heart surgery is an operation to repair a fault or damage in the heart. The surgeon opens the chest to get access to the heart. Open heart surgery is a major operation. It needs a hospital stay of a week or more, including time in the intensive care unit immediately after surgery. The heart operations needed in children are mainly due to problems that infants are born with. This article will focus on open heart surgery for adult.

PROCEDURE OF OPEN HEART SURGERY:

The procedure most commonly done by open heart surgery is coronary artery by pass surgery. This replaces the role of the coronary

- ✎ Arteries are supplying the heart with blood. This surgery may be needed if the coronary arteries become narrower because of heart disease. Such narrowing increases the risk of heart attack.
- ✎ An artery is grafted in place of the blocked one. This is taken from elsewhere in the chest or from a leg.
- ✎ Another procedure done by open heart surgery is replacing a faulty valve. Valves in heart are needed to stop blood flowing back into parts of the heart after being pumped out of them.
- ✎ A problem called an aneurysm can also be repaired by open heart surgery. This is when there is a bulge in the main artery leaving the heart.

OPEN HEART SURGERY TIMELINE:

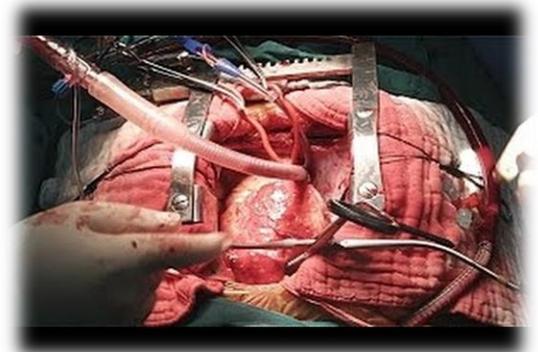
The total hospital stay needed for open heart surgery is around 7 to 10 days. This includes a day or more in the intensive care unit immediately after the operation.

PREPARING FOR THE SURGERY:Preparation for open heart surgery starts the night before. Patients should

eat an evening meal as normal but take no food or drink at all after midnight.It is helpful to have all personal medical information ready for the hospital team.This might include a list of medications, recent illness, and insurance information. It is normal for people to have raised levels of anxiety before an anesthetic. Patients should to hesitate to ask the health care team any questions they may have.

DURING THE OPERATION:

- ✎ The amount of time needed for open heart surgery varies by the particular procedure and the patients. As a guide, the National Heart, Lung and Blood Institute say that a coronary artery bypass takes 3 to 6 hours.
- ✎ There is not much evidence to decide whether it is better to have on -or-off-pump open heart surgery. Survival rates 1 year after either form of open heart surgery are similar at nearly.



✎ There is not much evidence to decided whether it is better to have on-or-off- pump open heart surgery. Survival rates 1 year either from of open heart surgery are nearly 100 percent.

RECOVERY FROM OPEN HEART SURGERY:

It is normal to be cared for and remain in the intensive care (ICU). This is usually for a couple of days after the procedure. A breathing tube remains in place after waking up to assist with breathing. A line into the vein also remains to give pain relief. Monitoring equipments is also in place. Rehabilitation will be guided by the healthcare team, including advice about medications and physical activity. Activity will need to be light at first.

DURING RECOVERY:

Tiredness and some pain are normal. Being alert to the possibility of infection is important. It is important for patients to seek urgent care for any potentially serious symptoms such as difficulty breathing, fever and excessive sweating.

ALTERNATIVES TO OPEN HEART SURGERY:

Alternatives to opening up the chest are now available. These can include the use of endoscope cameras and robots. All forms of heart surgery come with risks. These risks include being under anesthetic and chances of infection organ damage and stroke. Risks depend on the person, such as being higher on the person , such as being higher in people who are less well.