

What happens after the surgery?

- You will go to the intensive care unit (ICU) where you will stay for several days or as long as you need for observation. An electrocardiogram (ECG) monitor will record the rhythm of your heart continuously.
- You will have respiratory therapy to prevent any lung problems, such as a collapsed lung, infection, or pneumonia. A nurse or therapist will assess you with breathing exercises every few hours. Ask for pain medication if you need it.
- You will have physical therapy, which includes walking around the hospital and other strengthening activities. You will learn how to move your upper arms without hurting your breastbone.
- You will learn how to live a healthy lifestyle, such as choosing foods that are low in fat, cholesterol and salt, exercising regularly and not smoking.

When should I call the doctor?

Call the doctor right away if:

- You develop a fever.
- You become short of breath.
- You have chest pain that becomes worse despite taking painkillers.

Call the doctor during office hours if:

- You have questions about the operation or its result.
- You want to make another appointment.

Contact information

Department of Cardiac, Thoracic and Vascular Surgery
Main Building 1, Level 2

Opening Hours: 8.30 am - 6.00 pm (Mon - Fri)
(except on Public Holidays)

For appointments, please contact

Tel: (65) 6772 2002
Email: appointment@nuh.com.sg

For International Patients And Visitors

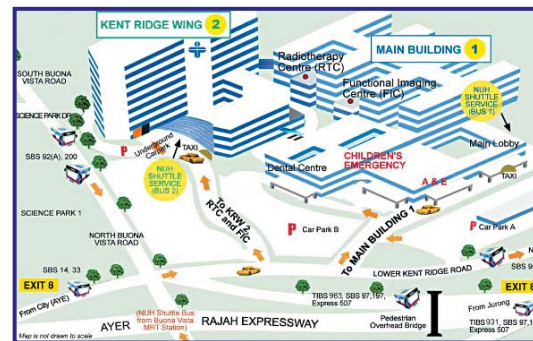
The International Patients Liaison Centre (IPLC) is a one-stop service centre to support all the medical needs of our foreign patients

Tel : (65) 6779 2777 (24-Hours Helpline)
Fax : (65) 6777 8065
Website : www.nuh.com.sg/iplc.html

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555 Fax: 6779 5678 Website: www.nuh.com.sg

Location



Free Shuttle Bus Service

Free Shuttle Bus Service from Dover MRT Station to NUH

Operation hours : 8.00 am – 8.30 pm (Mondays – Fridays)
8.00 am – 2.00 pm (Saturdays)
Not available on Sundays and Public Holidays

Dover/NUH passenger pickup/ drop off point : 1. Dover MRT Station (opposite Singapore Polytechnic)
2. Main Building, Lobby Entrance (near roundabout)
3. Kent Ridge Wing, Level 3, South Entrance

For more information on Shuttle Bus schedule, log on to www.nuh.com.sg

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition.

Information is correct at time of printing (Jul 2009) and subject to revision without notice.



Coronary Artery Bypass Surgery

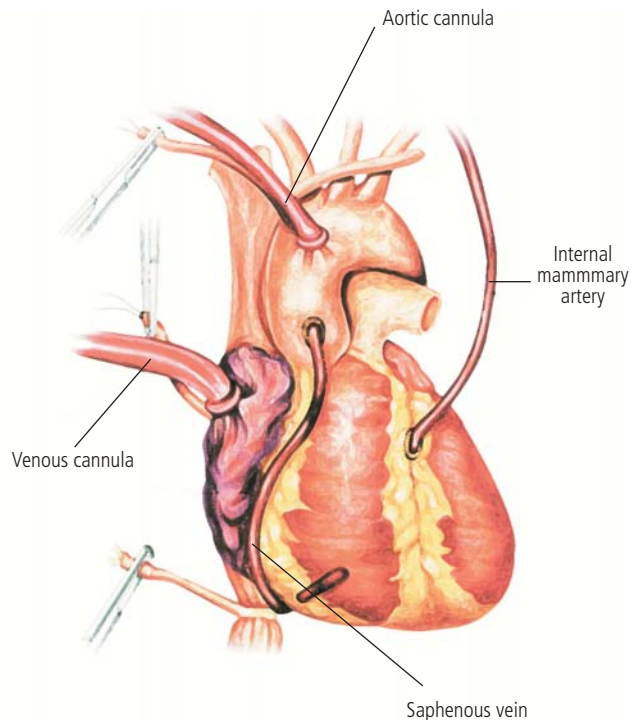


What is Coronary Artery Bypass Surgery?

Coronary arteries are blood vessels that carry oxygen and nutrients to the heart.

Coronary artery bypass surgery is an operation that is carried out to improve the flow of blood to the heart muscle in people with coronary heart disease where the coronary arteries are severely narrowed or blocked.

The operation involves taking blood vessels from other parts of the body and attaching them to the coronary arteries past the blockage. The blood is then able to flow around, or "bypass" the blockage. If more than one artery is blocked, you may need more than one bypass graft.



How do I prepare for the surgery?

- Stop smoking if you are a smoker. You should stop smoking because smoking is a risk factor for coronary heart disease. Your heart disease will not improve if you continue to smoke. It also increases your risk of complications from the surgery.
- Talk to your doctor or other people who have had the surgery. Knowing what to expect may help reduce your anxiety before the operation.
- Plan for your care and recovery after the operation. Allow for time to rest, and try to get help for your day-to-day activities.

What happens during the surgery?

- Coronary artery bypass surgery is performed by a team of surgeons.
- The operation takes three to six hours, depending on how many blood vessels need to be bypassed.
- A cut is made in the centre of the chest at the breastbone to allow the surgeon to see the heart.
- Another cut may be made in your leg to remove a vein that will be put in your chest. (In addition, an artery in the chest, called the internal mammary artery, can be used)
- If a vein is used for the bypass, one end of it is sewn to the aorta (the main artery from the heart to the body). The other end is sewn to the area beyond the blockage in the coronary artery.
- In the case of the mammary artery, the lower end of this artery is cut and attached to the coronary artery beyond the blockage.
- When the surgery is finished, your chest is closed with stitches.

What are the risks associated with this surgery?

- If you are healthy and under the age of 60, your risk of serious complications is 1%. If you are older, and especially if you are having chest pain, your risk of serious complications is 2% to 10%.
- There are always some risks when you have general anaesthesia. Discuss these risks with your doctor.
- There is a risk of infection or bleeding from this operation.
- There is a risk of stroke during and after the operation.
- New blockages can develop in the bypassed vessels. This might require another heart catheterisation and surgery. So it is important to make changes to your lifestyle to decrease the risk of another blockage.

