

Questions Before Aortic Surgery

Preparing for aortic surgery can feel overwhelming. Asking the right questions can help you better understand your condition, your procedure, and what to expect during recovery.

Understanding My Condition

- What is my exact diagnosis?
 - How serious is my condition?
 - Why is surgery being recommended at this time?
 - What could happen if surgery is delayed?
 - Is my condition stable or progressing?
 - Are there any alternative treatment options?
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Understanding the Procedure

- What type of surgery am I having?
 - Why is this procedure the best option for me, what is the Life span for the same ?
 - Will my aortic valve be repaired or replaced, will I require a corrective surgery if yes after how many years?
 - If a valve replacement is needed, what are the advantages and disadvantages of tissue versus mechanical valves?
 - Will any other part of my heart or aorta require treatment during surgery?
 - How long is the operation expected to take?
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Surgical Team & Experience

- Who will perform my surgery?
 - How often does your team perform this procedure?
 - What are the expected outcomes for patients with my condition?
 - Are there any specific risks based on my age or medical history?
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Risks & Complications

- What are the potential risks and complications of surgery?
 - What is the risk of stroke, bleeding, infection, or other complications?
 - What are the chances of requiring additional procedures in the future?
 - What should my family expect during and immediately after surgery?
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Hospital Stay

- How long will I be in the intensive care unit (ICU)?
 - How long is the expected hospital stay?
 - What tubes, drains, or monitoring devices will I have after surgery?
 - When will I be able to walk and move around?
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Medications

- Will my medications change after surgery?
 - Will I require blood thinners?
 - What medications will I likely need long-term?
 - Are there medications I should stop before surgery?
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Recovery Expectations

- What level of pain or discomfort should I expect?
 - How long does sternum healing usually take?
 - When can I sleep normally again?
 - How long will fatigue typically last?
 - What symptoms are considered normal during recovery?
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Activity & Lifestyle

- When can I start walking after surgery?
 - When can I drive again?
 - When can I return to work?
 - What lifting restrictions will I have?
 - When can I resume exercise, cycling, swimming, or gym activities?
 - Are there any long-term activity restrictions?
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Long-Term Follow-Up

- How often will I need CT scans, MRI scans, or echocardiograms?
 - What blood pressure targets should I maintain after surgery?
 - What lifestyle changes would you recommend?
 - What symptoms should prompt immediate medical attention?
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Family Screening

- Is my condition inherited?
 - Should my family members be screened?
 - Are genetic tests recommended?
 - Which relatives should be evaluated?
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My Top Questions

1. _____
2. _____
3. _____
4. _____
5. _____

Key Takeaways

Remember

The more informed you are before surgery, the more confident and prepared you will feel. Never hesitate to ask questions—your healthcare team is there to help you understand your condition, your treatment, and your recovery journey.