

Questions to Ask After Surgery

Bringing a list of questions to your follow-up appointments can help you better understand your recovery, stay informed, and feel more confident about your long-term health.

Recovery & Healing

- Is my recovery progressing as expected?
 - Are my incision and sternum healing properly?
 - Are my current symptoms typical for this stage of recovery?
 - Are there any concerns about my surgical repair?
 - What signs should prompt me to contact the healthcare team?
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Valve & Aortic Health

- How is my repaired or replaced valve functioning?
 - Is my aorta stable on the latest imaging studies?
 - Has there been any change in the size of my aorta?
 - Are there any findings that require closer monitoring?
 - Will I need any additional treatment or intervention in the future?
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Medications

- What medications should I continue taking?
 - Are there any side effects I should watch for?
 - Will my medications need adjustment over time?
 - What should I do if I miss a dose?
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Blood Pressure & Heart Rate


- What blood pressure range should I aim for?
- How often should I check my blood pressure?
- What heart rate range is appropriate for me?

 **Activity & Exercise**

- When can I safely return to normal daily activities?
 - Are there any lifting restrictions?
 - When can I resume walking, climbing stairs, cycling, jogging, or gym activities?
 - When can I return to work?
 - Are there any long-term activity restrictions?
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 **Recovery Expectations**

- Is the fatigue I am experiencing normal?
 - How long does sternum healing typically take?
 - Are sleep disturbances common after surgery?
 - What symptoms should not be ignored?
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 **Dental Care & Valve Health**

- Should I inform my dentist about my valve replacement or aortic surgery?
 - Do I require any special precautions before dental procedures?
 - Are antibiotics recommended before certain dental treatments?
 - Should I carry information about my valve replacement for future dental or medical visits?
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 **Wound Care & Future Procedures**

- Is my incision healing as expected?
 - What signs of infection or delayed healing should I watch for?
 - Are there any special precautions for cuts, wounds, or skin infections?
 - Do I need to inform healthcare providers about my valve replacement or aortic surgery before future procedures?
 - Are there any precautions I should be aware of before future surgeries, medical procedures, or treatments?
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 **Follow-Up Care**

- When is my next follow-up appointment?
 - When is my next CT scan, MRI, or echocardiogram?
 - How often will I need long-term monitoring?
 - What will future scans be assessing?
 - What symptoms should prompt an earlier review?
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 **Family Screening**

- Is my condition inherited?
 - Should family members be screened?
 - Are genetic consultations recommended?
 - Which relatives should be evaluated?
 - What screening tests are appropriate for family members?
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 **Long-Term Health**

- What lifestyle changes would you recommend?
 - Are there any dietary recommendations?
 - How can I best protect my heart and aorta long-term?
 - What are the most important things I should focus on over the next year?
 - What should I know about living with my condition in the future?
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 **My Questions**

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- _____

 **Remember**

Being informed and involved in your care is an important part of recovery. No question is too small—understanding your condition, treatment plan, and follow-up care can help you move forward with confidence.