



USEFUL TIPS FOR PARENTS AND FAMILY:

- ✓ Allow yourself to **preserve positive memories** in a practical way by recording them with **photographs, writing them down...** Why not make a baby book? Why not make a photo album? Why not make a diary? You can ask a nurse for help!
- ✓ **All the little achievements should be celebrated.** Share them with your family in a photo, a call, or video call;
- ✓ Take advantage of the moments when your child is resting, to rest too;
- ✓ Accept/ask your family and/or friends for help with daily activities (cleaning, meals, etc.);
- ✓ **Seek support** from your **family and friends and/or other parents/families** who also care for a child with heart disease.



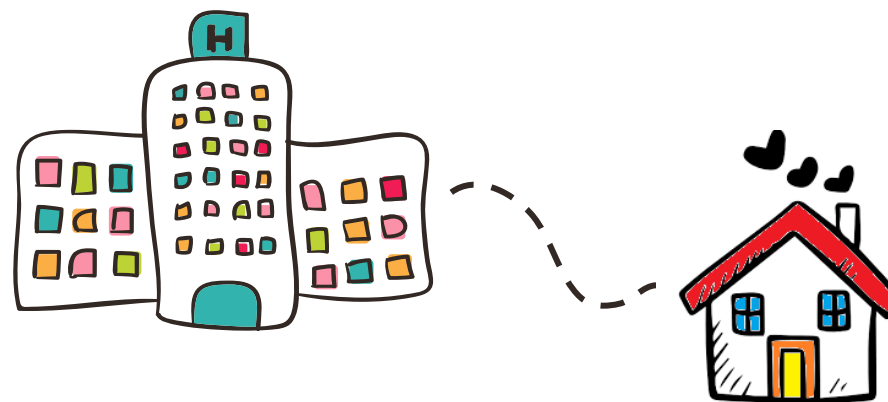
WARNING SIGNS AND SYMPTOMS:

If your child presents any of the signs or symptoms described below, or if there is something that worries you, **you should call the pediatric cardiology service**, where we will give you directions on how to proceed.

- ✓ Fatigue;
- ✓ Shortness of breath or breathing difficulty;
- ✓ Appearance or worsening of cyanosis (bluish coloration of the skin), mainly on the lips and fingernails;
- ✓ Sensation of palpitations
- ✓ Edemas (swelling)
- ✓ Nausea, or persistent vomiting
- ✓ Fever (temperature above 37.5°C)
- ✓ Appearance of increased redness, pus or swelling of the surgical wound

Post-Cardiac Surgery Care

Guidance for newborn discharge



USEFUL CONTACTS:

Pediatrics ward: +351210433121 (122)

Social services: +351210433118

Secretary: +351210433389

Pediatric cardiologist appointments: +351210433178

O QUE DEVE CONHECER/ SABER ANTES DE REGRESSAREM A CASA:

Food:

- How to prepare your child 'milk
- How to sterilize bottles
- Adjusting the amount of milk you give your baby
- Breastfeeding positions, signs of a good latch and signs of satiety
- Use a milk pump; refrigerate, freeze, and transport breast milk

Safety

- What to do in case of choking
- Know the signs of fatigue and other warning signals
- Know the medical follow-up after surgery

Hygiene

- Bathing, changing diapers, caring for the umbilical stump

Elimination

- How to do massage and adopt comfort positions for colic relief

Medication

- Precautions with medication
- Know how to prepare and give medication to the child

Surgical wound

- Know how to care the surgical wound
- Know the warning signs that the wound may show



MEDICATION:

- ✓ As soon as possible, you will be given a sheet with the medication scheme (schedule, dose, and mode of preparation) and you will have the opportunity to practice in the presence of a nurse.
- ✓ Remember that if your child regurgitates, spits up, or vomits the medication, **DO NOT attempt to give it again** (either a partial or full dose) unless requested by the doctor.
- ✓ Before medication runs out or expires, **check its prescriptions and availability in pharmacies in advance.**



SAFETY:

- ✓ The child can go outside, but it is essential to **avoid enclosed places with crowds and the hottest hours.**
- ✓ You can receive visitors at home, as long as they are not sick. **Everyone should wash their hands** before coming into contact with the child.
- ✓ **Post-operative surveillance appointments** should be kept, as well as regular child health appointments with the pediatrician/at the Health Center.
- ✓ Unless otherwise indicated, the child can be vaccinated six weeks after surgery. Vaccination against Respiratory Syncytial Virus (RSV - main responsible for respiratory infections in the first two years of life) is up between October and February. Prevention is recommended for most children up to 24 months with congenital heart disease.



PRECAUTIONS WITH THE SURGICAL WOUND (1 month)

- ✓ Keep the **wound clean and dry** (when it gets wet, it facilitates the growth of microorganisms and the development of an infection).
- ✓ You **should not touch the wound with your hands**;
- ✓ In the bath, you can wet the wound with water and soap/ shampoo but **do not direct the shower water on it**, and you should dry it well without rubbing. If you use the bathtub for bathing, **do not submerge the surgical wound in water**: choose to put less water or, if the child is older, sit him/her with water up to the waist.
- ✓ **Do not put cream or disinfectant** on the wound.
- ✓ The healing process causes itching. Always keep the **wound protected with clothes** to prevent the child from touching it. Always keep the child's nails short and clean.
- ✓ Use a bib to prevent the wound from getting dirty/soaked by food.
- ✓ **Observe the wound daily** for signs of infection, such as: pain, redness, warmth, swelling or the presence of any fluid.
- ✓ Protect the scar from the sun for 1 year.