

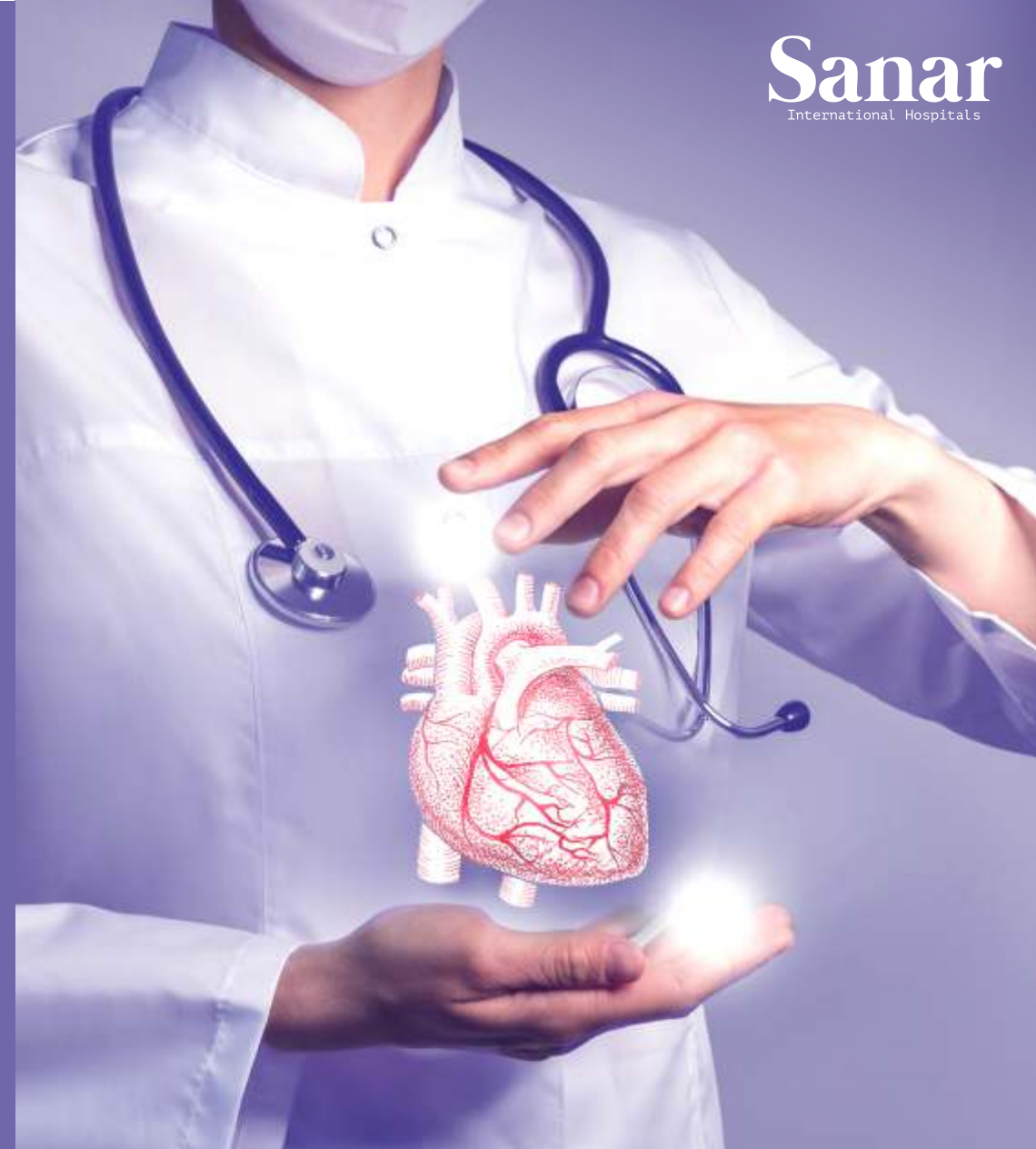
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Understanding Coronary Artery Bypass Grafting



What is Coronary Artery Bypass Grafting (CABG)

Coronary Artery Bypass Grafting (CABG) is a surgical procedure used to treat Coronary Artery Disease (CAD), a condition where the blood vessels supplying the heart muscles become narrowed or blocked. Coronary Artery Bypass Grafting involves creating new pathways for blood to flow to the heart, bypassing the blocked or narrowed arteries.

Why is Coronary Artery Bypass Grafting performed

Coronary Artery Bypass Grafting is often recommended when other treatments, such as medication or lifestyle changes, are not effective in relieving symptoms like chest pain (angina) or when the heart muscle is at risk of damage due to insufficient blood supply. It can improve blood flow to the heart, reduce chest pain, and enhance overall heart function.

Coronary Artery Bypass Grafting Procedure

- **Preparation:** Before undergoing the CABG procedure, patients are provided with specific instructions to ensure a smooth and successful surgery. These pre-operative preparations are crucial for the patient's safety and the effectiveness of the surgery. This may include fasting for a certain period and temporarily stopping certain medications. The patient should inform the healthcare team about any allergies or medications they are currently taking.

- **Anaesthesia:** The patient will be given general anaesthesia to ensure they are asleep and pain-free during the surgery.
- **Incision:** The surgeon will make an incision in the chest, usually down the centre. In some cases, minimally invasive techniques may be used.
- **Harvesting Grafts:** Grafts, often taken from veins in the leg or arteries in the chest, are used to create new pathways for blood flow. These grafts are carefully prepared and attached to the coronary arteries, bypassing the blockages.
- **Completing the Bypass:** The other end of the grafts is attached to the coronary arteries, creating a detour around the blocked or narrowed sections, restoring blood flow to the heart muscle.
- **Closing Incisions:** Once the grafts are in place, the surgeon will close the chest incision using stitches or staples. A temporary drainage tube may be inserted to remove excess fluid from the chest.

Recovery and Post-operative Care

- **Intensive Care Unit (ICU):** After the surgery, the patient will be monitored in the ICU to ensure a smooth recovery. Ventilators and other medical equipment may be used to support breathing and heart function.
- **Hospital Stay:** The length of hospital stay will vary, but most patients stay for around a week. During this time, the healthcare team will closely monitor patient's recovery and provide necessary medications and instructions.
- **Pain Management:** The patient may experience pain or discomfort after the surgery. Pain management strategies, including medications and breathing exercises, will be provided to ensure comfort in the post-operative period.
- **Rehabilitation & Follow-up:** Rehabilitation programmes, including physical therapy, are often recommended to help the patient regain strength and improve cardiovascular health. Regular follow-up appointments with the healthcare team will be scheduled to monitor the progress and address any concerns.

Coronary Artery Bypass Grafting (CABG) is a well-established and effective treatment for Coronary Artery Disease. Healthcare teams are dedicated to ensure patient's safety and a successful recovery. The procedure offers several benefits including, improved blood flow to the heart and relief from symptoms.

Moreover, CABG is minimally invasive, reducing the overall trauma to the body and promoting quicker healing. Patients undergoing CABG procedure can experience a faster recovery compared to traditional open-heart surgeries. Please consult with the healthcare provider if there are any questions or concerns regarding this procedure.