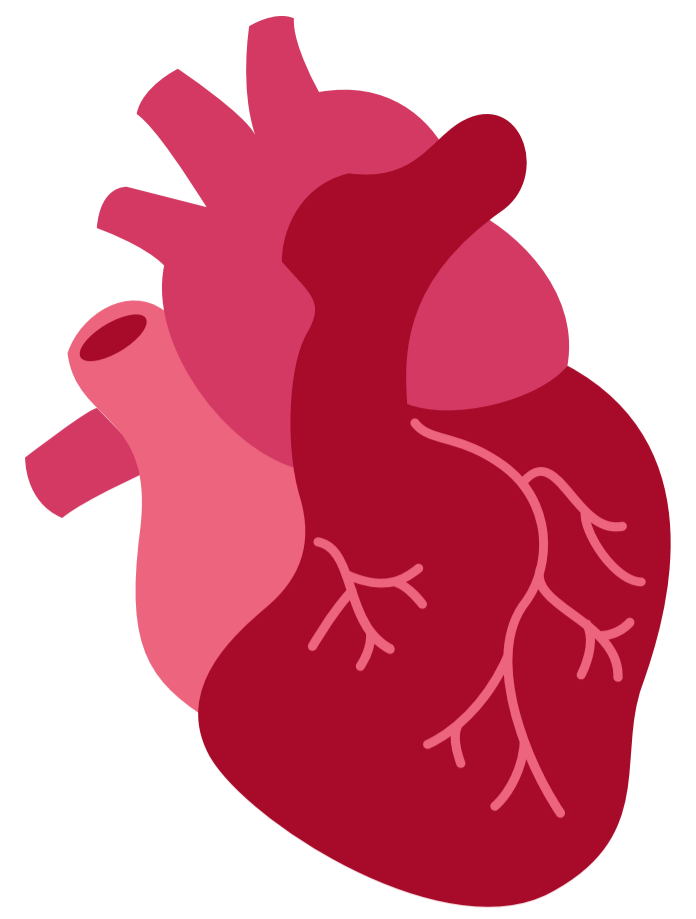


# Do's and Don'ts after Heart Surgery

For 6 weeks



Drive



Squeeze a  
pillow to  
cough



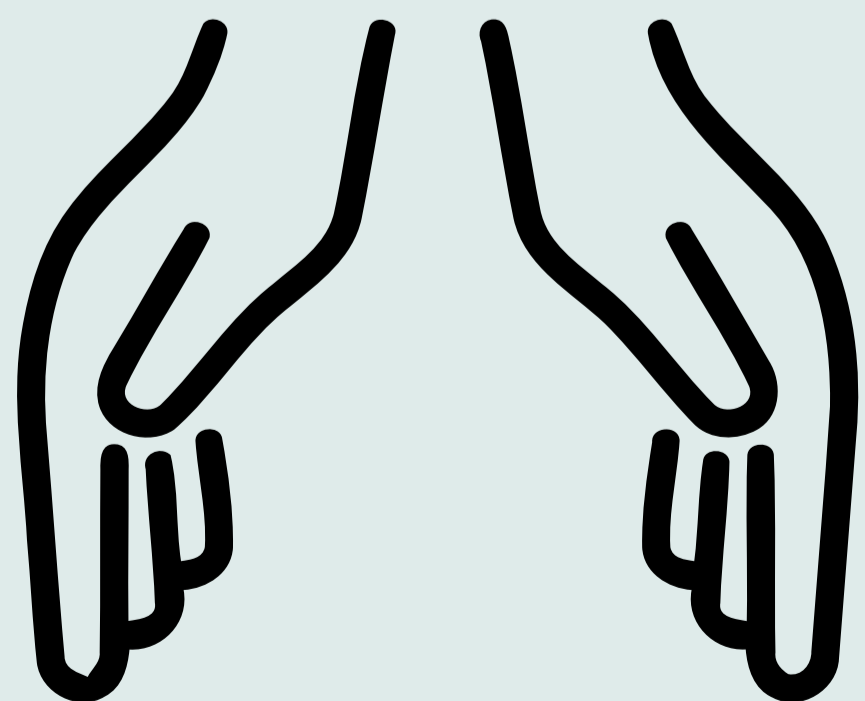
Lift 10+ lbs.



Ask for  
Help



Both hands  
behind  
your  
back



Use your  
hands to  
help you  
stand  
and sit