



Heart Valves Are For Life

After surgery,

LWpV LPSRUWDQW WR :QG ZD\ V WR WKLQN SRVLWLYHO\ DQG WR IHHO DV JRRG
GHSUHVLRQ DIWHU D PDMRU VXUJHU\ OLNH KH DUW VXUJHU\ DQG



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Post Surgery Milestones

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DAYS 5-10

WEEKS 2-3

WEEKS 6-10

3 MONTHS

DAYS 5-10

Y during this time.

This is an important time to be gentle with yourself, remembering you're still recovering AND to focus on how you're improving at a nice pace.

WEEKS 2-3 AND BEYOND