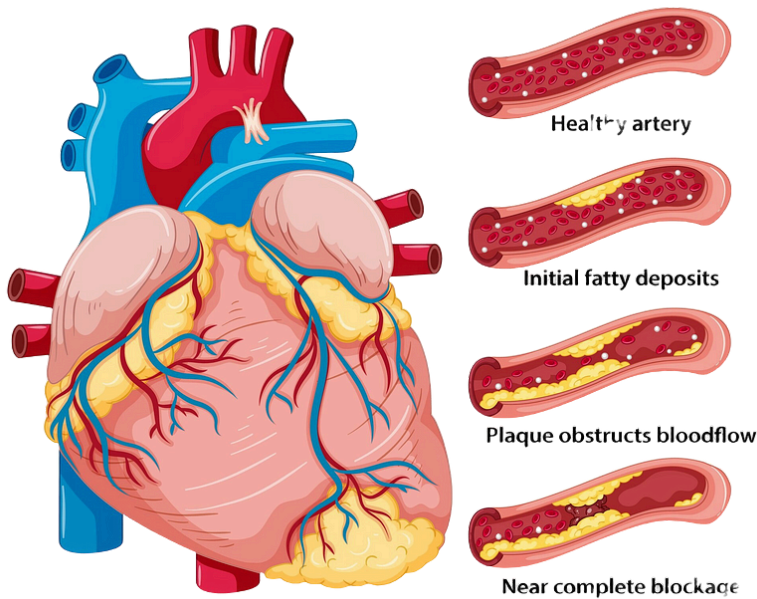


## Coronary Artery Bypass Surgery Benefits, Procedure, and Care: A Complete Guide

The arteries of our heart play a major role in maintaining smooth blood flow. But sometimes these arteries get blocked, which disrupts the blood flow to the heart. In such a situation, [coronary artery bypass surgery \(CABG\) can become an important treatment option](#), which restores blood supply to the heart and provides protection from potential heart problems.

### CORONARY ARTERY DISEASE



### What is the Coronary Artery Bypass?

Coronary artery bypass surgery can be life saving for heart patients. In this, a new route is created for the blocked arteries. This surgery is especially useful for those patients for whom other treatments are not successful. In this surgery, grafts are used which are taken from other parts of the body and are connected to the blocked arteries.

## When is coronary artery bypass needed?

Coronary artery bypass may be needed when:

**Persistent chest pain**—which does not go away even with rest.

**Heart attack**—in which immediate restoration of blood flow is necessary.

**Failure of other treatment options**—if medications or angioplasty are not working.

**Severe blockage in arteries**—if the blockage of arteries exceeds 70%.

## Coronary Artery Bypass Surgery Procedure

The patient is given anesthesia during the surgery. The surgeon then creates a new blood vessel using healthy arteries or veins. This graft is inserted into the coronary arteries where there is a blockage. This surgical procedure is completed in about 3–6 hours, but it depends on the condition of the patient.

## Post-surgery care and recovery

Post-surgery care is very important. The patient is kept in the ICU for a few days so that any post-surgery complications can be identified early. After this, the following steps are important for home care:

**Exercise**—Light exercises as prescribed by the doctor improve blood circulation.

**Diet**—Eat a healthy diet such as fruits, vegetables, and fiber-rich foods.

**Medications**—Take the medicines prescribed by the doctor on time.

**Lifestyle changes**—Such as quitting smoking and reducing alcohol consumption.

## Benefits of Coronary Artery Bypass

This surgery reduces the risk of heart problems and improves the quality of life. Its main benefits are as follows:

Improvement in blood flow to the heart—which carries oxygen and nutrients to the heart.

Breathing comfort—Patients who previously had difficulty breathing, this problem is reduced after surgery.

Risk of heart attack is reduced—which makes the patient's life safer.

Improvement in physical activities—This allows patients to enjoy a normal lifestyle again.

## **Potential risks of coronary artery bypass surgery**

This surgery also has some potential risks:

Infection—if proper care is not taken after surgery.

Blood clotting—which can increase the risk of stroke.

Bleeding—Sometimes bleeding may occur during or after surgery.

Irregular heartbeat—which needs to be controlled in time.

## **Cost of Coronary Artery Bypass Surgery**

The cost of this surgery depends on the patient's health condition, [choice of hospital](#), doctor's expertise and other factors. Generally, it can cost around ₹2,00,000 to ₹5,00,000 in India.

## **Tips to maintain heart health**

Reduce smoking and alcohol consumption—These have a bad effect on heart health.

Exercise regularly—At least 30 minutes of physical activity per day is necessary.

Balanced diet—Eat more vegetables, fruits and fiber.

Blood pressure and cholesterol levels—Keep an eye on these and get regular checkups.

## **Conclusion**

Coronary artery bypass surgery is a safe and effective way to remove blockages in the heart arteries and reduce the risk of heart attack. Patients who undergo this surgery can live a better and healthier life.

## **FAQs**

### **What is coronary artery bypass?**

This is a surgery in which a new blood vessel is used to restore blood supply to the heart.

### **What precautions should be taken after surgery?**

Take regular medicines, do light exercise, eat a balanced diet and avoid smoking.

### **How long does this surgery take?**

This surgery can take about 3–6 hours, depending on the condition of the patient.