



*Original Article*

***Postoperative Care of Cardiac Surgery***

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**ABSTRACT**

Cardiac surgery is a complex and high-risk procedure that often requires extensive postoperative care to ensure optimal patient outcomes. This study aimed to evaluate the impact of different postoperative care strategies on clinical outcomes in patients undergoing cardiac surgery. A retrospective cohort study was conducted at a tertiary cardiac center between January 2018 and December 2022. Patients who underwent coronary artery bypass grafting (CABG), valve replacement/repair, or a combination of these procedures were included. Data on postoperative care protocols, including mechanical ventilation duration, intensive care unit (ICU) length of stay, and early mobilization strategies, were collected. The primary outcome was 30-day mortality, and secondary outcomes included postoperative complications and long-term survival. Patients who received a standardized postoperative care protocol involving early extubation, shorter ICU stays, and early mobilization had significantly lower 30-day mortality rates compared to those who received conventional postoperative care ( $p < 0.001$ ). The standardized protocol was also associated with a reduced risk of postoperative complications, such as respiratory failure, acute kidney injury, and surgical site infections. Long-term survival was also improved in the standardized care group. In conclusion the standardized postoperative care protocol can significantly improve clinical outcomes in patients undergoing cardiac surgery. These findings highlight the importance of optimizing postoperative management strategies to enhance patient recovery and long-term prognosis.

**Keywords:** *Cardiac surgery, postoperative care, early mobilization, intensive care, complications*

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