

SCARSTORIES · A LITTLE COMPANY ON THE WAY

How long is recovery after a heart procedure?

Ahmed R. — 3 months post-CABG · 18 Sep 2026

Everyone quotes a different number and I can't tell what applies to me. What was it actually like for you, week by week?

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.