

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Dinner at six

Ahmed R. — 3 months post-CABG · 8 Sep 2026

Small victory: slept through the night without the heartburn that plagued me for the first two months post-op.

Turns out it was partly the timing of my evening meds and partly eating dinner too late. Shifted dinner to 6pm and it's like a different life. Funny how the little things matter so much more now.

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.