What to do:
♥ Get help right away!
♥ Have someone drive you to the local Emergency Department or call 911.
♥ Do NOT drive yourself.

THIS IS AN EMERGENCY

If you have:
♥ bloody bowel movements
♥ a cough with bright, red blood
♥ chest pain that is similar to what you felt before surgery
♥ a temperature that is higher than 101.3 °F or 38.5 °C with chills
♥ fainting spells
♥ a racing or fluttering heart beat with shortness of breath or feeling unwell
♥ vomiting or watery bowel movements
♥ severe pain in your belly
♥ difficulty breathing that does not get better with rest
♥ any one or more of the following:
  ❑ sudden numbness or weakness in your arm(s) or leg(s)
  ❑ trouble speaking
  ❑ vision problems
  ❑ sudden confusion or dizziness

CAUTION – THIS IS URGENT

If you have:
♥ extreme tiredness that is new or not improving
♥ a racing or fluttering heart beat that does not cause shortness of breath and does not make you feel unwell
♥ a temperature that is higher than 100.0 °F or 38.0 °C
  2 times in 24 hours
♥ sharp pain with every deep breath
♥ pain in your calf that becomes worse when pointing your foot up or down
♥ swelling or pain in your ankle(s) or leg(s) that is getting worse
♥ a new skin rash
♥ frequent urination, urgency, burning with urination, or bloody urine
♥ shortness of breath that is getting worse
♥ if your incision(s) become(s) red, warm to touch, swollen, open or draining
**Notify your Heart Surgeon or the Nurse Practitioner on 3 West if you have been given an antibiotic for your surgical incision (519) 749-6435.

What to do:
♥ Call your Family Doctor or the Community Nurse Practitioner right away
♥ If you cannot get an appointment right away, please go to the local Emergency Department

Please call 3 West (519) 749-6435 with any questions about:
• Your discharge instructions
• Looking after your incision
• Your surgical procedure
• Sternal Precautions
• Medications

Please book your follow-up appointments with your Family Doctor, Heart Surgeon and Cardiologist/Internal Medicine

You can read more about feelings after surgery, energy level, sleep patterns, bowel movements, incision care, physical activity, exercises and diet on pages 43-51 of your Heart Surgery book.
You can also go online to the St. Mary’s website to read the book:

SMPEM 19

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