



### 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



### 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**

## 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.**

### 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:

[http://www.smgh.ca/wp-content/uploads/2012/02/Heart\\_Surgery\\_Jan.-2012.pdf](http://www.smgh.ca/wp-content/uploads/2012/02/Heart_Surgery_Jan.-2012.pdf)