**POST-SURGERY FOLLOW-UP APPOINTMENT**

Only for patients scheduled to meet their surgeon again:

- Upon discharge from the hospital your name is added to your surgeon’s appointment schedule;
- The wait time can be up to 6 months;
- You will be called less than one week before your appointment.
- For information regarding your appointment: 514-376-3330 ext. 2522, option 2

**IN CASE OF EMERGENCY**

**EMERGENCY #911**

**INFO SANTÉ #811**

- For any concerns regarding your health condition [SERVICE OFFERED 24/7]

**FOR MORE INFORMATION**

**PHARMACIST** (from your regular pharmacy)

- Pain relief
- Questions regarding your medication
- Persisting constipation > 5 days despite prescribed treatment
- Issues with your oral anticoagulants (Coumadin)

**FAMILY PHYSICIAN**

- Issues with oral anticoagulants (Coumadin)
- Your medical follow-up

**SYSTEMATIC FOLLOW-UP** 514-376-3330 #4062

- For any concerns regarding your health condition related to your cardiac surgery [Mon to Fri: 7:30 - 3:30 pm] WE WILL RETURN YOUR CALL WITHIN 2 BUSINESS DAYS

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**Basic Guidelines Following Cardiac Surgery**

**PAIN RELIEF**

**DURING YOUR HOSPITAL STAY...**

Your pain must be relieved and you must feel comfortable at all times:

- During the first days following surgery, you will regularly be given analgesics, and later upon request — even during the night;
- It is important that you do not endure pain;
- The healthcare workers will evaluate your pain on a 0 to 10 pain scale.

**BACK HOME...**

- The average length of hospital stay is 4-5 days after surgery.
- Prepare for your discharge home: help, transportation, meals, etc.

**AFTER HOSPITAL DISCHARGE...**

At the beginning of your convalescence:

- Take your pain medicine regularly: in the morning, at lunchtime, in the evening, when going to bed and, if needed, during the night.

**RESPIRATORY**

**DURING YOUR HOSPITAL STAY...**

- Depending on your state, we will help you stand up as soon as possible
- You will quickly be made to walk
- This is the key for resuming your AUTONOMY
- Everything must remain easy (between 0 to 2 on the BORG scale)

**SPIROMETRY EXERCISES**

- Take a deep breath
- Hold for 3 seconds
- Repeat exercise 10 x/hour

**MOBILITY**

- When coughing
- When laughing
- When sneezing

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**WOUND CARE**

**WHAT SHOULD YOU LOOK OUT FOR?**
- Purulent discharge (thick beige, yellow or green)
- Increasing redness or localized heat
- Wound opening
- Fever
- Unpleasant smell

See “IN CASE OF EMERGENCY” section

- Wash, rinse and dry the wound daily
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**FOOD**

**MEDITERRANEAN DIET**

- Fruits
- Vegetables
- Fish
- Legumes
- Whole grain cereals
- Low fat dairy products
- Oils or Canola oil
- Nuts

**RESUMPTION OF PHYSICAL ACTIVITY**

- Easy (0-2 on BORG Scale)
- No dizziness
- No risk of falling
- Sternotomy: Arm lifting restricted to 10 lbs during 8 weeks
- No sternal pain
- Post MIS: From the beginning, 5-10 lbs/week can be incrementally added
- No restriction
- Gradually increase your activity while respecting your pain

- Risk of Falling
  - MAX 10 lbs
  - No lawn mowing/shovelling

**RESUMPTION OF WORK AND FITNESS TRAINING**

- According to medical advice

**EDEMA (SWELLING) OF THE LEGS**

- Normal during the first 8 weeks after surgery

**DRIVING**

- The waiting period before driving imposed by your insurance company may differ; please check

- 4-6 weeks depending on surgery

**TRAVEL**

- Depending on the surgeon’s advice, in the 2 months following surgery
- Check with your insurance company
- Move your lower limbs: 15 min / 2 hr travel (ex: car, plane, etc.)

**SEXUAL ACTIVITY**

- Choose positions where you do not have to put weight on your arms
- Same criteria as for resumption of physical activity

- When you are ready

**ALCOHOL INTAKE**

- Not before 6 weeks
- Beware of mixing alcohol and medication

- NO DAILY DRINKING

**WOUND CLOSURE SUTURES** (adhesive skin closures on the wound):
- To be removed after 5 days

**SWELLING OR BLISTERING ABOVE THE STERNAL WOUND:**
- Normal for 6-8 weeks

**TO RELIEVE CONSTIPATION**

- If your doctor set a limit for fluid intake (water, juice, soup, milk, alcohol, tea, coffee...), respect it

**ALCOHOL INTAKE**

- Not before 6 weeks
- Beware of mixing alcohol and medication

- NO DAILY DRINKING