

Recovering from heart surgery

How do I feel today?



Main Line Health[®]
HomeCare & Hospice

	 <p>Green zone</p> <p>You are in control.</p>	 <p>Yellow zone</p> <p>Take action today. Call: _____</p>	 <p>Red zone</p> <p>Take action now. Call: _____</p>
Is my weight up?	There is no change in my weight.	My weight is up: <ul style="list-style-type: none"> • 3 pounds overnight • 5 pounds in the last seven days 	My weight is up: <ul style="list-style-type: none"> • 5 pounds overnight
Do I have swelling?	I do not have swelling.	I have more swelling.	I have a lot more swelling in more places.
How do my wounds look?	My wound is closed and dry.	My wound is draining. Increased wound redness	More drainage or change in color or smell. Fever 101 °F or above My wound opened.
How is my pain?	I have little or no pain.	I have pain most of the time. My pain pills do not lower my pain level very much.	I have severe pain. I cannot sleep or do normal activities due to pain.
How is my breathing?	I am breathing comfortably.	I am more short of breath with activity.	I am short of breath at rest.
How are my bowels?	I am moving my bowels without straining.	I am straining or have not moved my bowels in 3 or more days.	I have not moved my bowels in a week.
How do I feel today?	I am not dizzy.	I am dizzy when I stand.	I am dizzy all of the time.

My action plan for surgery recovery

Things I can do:

- Ask “How do I feel today?”**

- Check my weight daily.**

- Use the incentive spirometer and/or do deep breathing exercises**

- Follow your Physical Therapist’s advice**

- No lifting over 5 pounds**

- Low salt diet**

- 6-7 cups of fluid a day (unless told otherwise)**

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.