

Follow up - Appointment within 48 to 72 hours after leaving the hospital. Date: _____

Cardiac Surgery Post Op PATIENT ACTION PLAN

GREEN ZONE: ALL CLEAR

Your symptoms are under control

- No shortness of breath, no weight gain
- No chest pain
- No fever, no swelling, no redness, no drainage to incisions

GO

Keep up the good work!

GREEN ZONE MEANS:

- Progressing as expected
- Continue to take medications as prescribed
- Weigh yourself daily
- Keep follow up appointments
- Stop smoking

YELLOW ZONE: CAUTION

- Weight gain of 2 or more pounds in a day
- Worsening ankle swelling or leg pain
- Sharp pain when taking a deep breath
- Chills or fever
- Persistent bleeding or oozing from incisions
- Pain in calf or leg that becomes worse when pointing toes toward head
- New palpitations or irregular heart beat (call cardiologist)
- Frequent urination, burning with urination, bloody urination
- Increased pain, swelling or redness of incisional areas

CAUTION

Step up treatment!

YELLOW ZONE MEANS:

Needs urgent attention
Call Surgeons office
509-724-4012

RED ZONE: MEDICAL ALERT

- Chest pain (angina)
- Heart rate faster than 140 beat/min with shortness of breath or new irregular heart rate
- Shortness of breath not relieved by rest
- Coughing up bright red blood
- Sudden numbness or weakness in arms/legs
- Sudden severe headache
- Fainting spells
- Severe abdominal pain
- Bright red bowel movement

STOP

Get help now!

RED ZONE MEANS:

Needs immediate attention
GO to Emergency Room or call 911

