NYU Langone MEDICAL CENTER

The Department of Cardiothoracic Surgery

PATIENT LABEL

PATIENT'S CHECKLIST TO A HEALTHY RECOVERY

Before you leave the hospital, you should have learned…	RN/NP/MD label (M) met or (NR) needs reinforcement				
	In Hospital	Home Week 1	Home Week 2	Home Week 3	Home week 4
1. How to care for your **INCISIONS** (cuts) or wounds					
2. To better understand the **MEDICATIONS** you will need to take after surgery:					
• What is each medication used for?					
• How often do you need to take each medication?					
• What is the correct dose of each medication?					
• What are the main side effects of each medication?					
3. What changes do you need to make in your **DIET**?					
4. How often should you **WEIGH YOURSELF** and why it is important?					
• What type of weight change is important to report to your doctor?					
• Do you need to take a diuretic (water pill) medication?					
5. What type of exercises or **ACTIVITIES** are recommended once you are home.					
6. What your activity restrictions are.					
7. When to talk with your doctor about taking part in outpatient rehab.					
8. When you can return to work.					
WHEN TO CALL YOUR DOCTOR:					
9. Know signs and symptoms of infection to report to your Doctor					
10. When to follow up with your Surgeon					
11. When to follow up with your Cardiologist/Primary Care Doctor					

My Care Coach _____

Name & Phone Number of person who helps you with your medicines, doctor's visits & care at home

My Homecare Agency _____

Name Phone Number

Questions or concerns? Please call your surgeon's office. You can reach someone 24 hours/day, 7 days/week.

****PLEASE KEEP THIS PAPER IN YOUR NYU FOLDER AND BRING TO ALL DOCTOR'S APPOINTMENTS****