

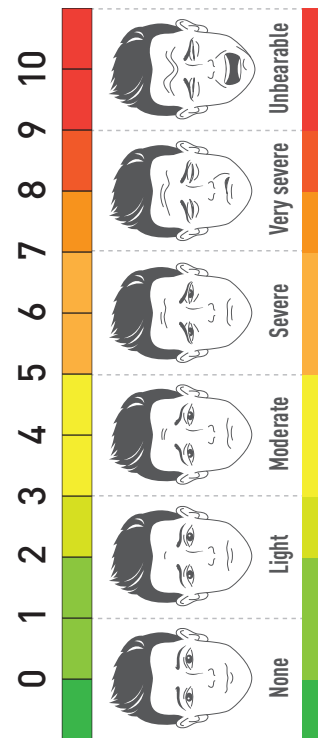
ADDITIONAL INFORMATION

**THERE IS A CHRONIC CARDIAC PAIN MANAGEMENT SERVICE AT THE MHI
But you need a medical referral
to have an appointment**

<https://www.icm-mhi.org/en/health-care-and-services/clinics-and-services/postoperative-pain-management-service-sapo>

<https://www.icm-mhi.org/en/health-care-and-services/clinics-and-services/chronic-cardiac-pain-management-service-sadocc>

PAIN INTENSITY SCALE



PAIN RELIEF

WHEN RETURNING HOME



The pain you may feel following your surgery should subside over the next twelve (12) weeks.

Here are a few tips to relieve your pain when you return home.

OUR RECOMMENDATIONS

- 1** TAKE ACETAMINOPHEN (Tylenol^{MD}) every 6 hrs for at least 7 days (max 4 times/day).
- 2** IF THE PAIN BECOMES MORE INTENSE after taking acetaminophen (Tylenol^{MD}), TAKE YOUR ANALGESIC (STATEX or Hydromorphone) as prescribed.
- 3** You can also take ANTI-INFLAMMATORIES to help reduce pain.
WARNING: SPEAK TO YOUR PHARMACIST BEFORE USE.
- 4** MUSCLE PAIN (back pain): massage with a cream such as Myoflex, DeepCold or Voltaren.
WARNING: SPEAK TO YOUR PHARMACIST BEFORE USE.
- 5** You can make an appointment for MASSAGE THERAPY OR OSTEOPATHY, one (1) month after surgery.

A few things to keep in mind:

- You should not endure the pain
- Make sure you get enough rest
- Try to be in a comfortable environment
- Strive to perform your daily activities.

SIDE EFFECTS

Nausea:

- Ginger Gravel available in pharmacies or grocery stores.
- Ginger tea (max 3 per day) available in grocery stores or pharmacies..

Constipation:

- Increase your fruit and vegetable intake, or take prune juice and All-Bran or consult your pharmacist if necessary.
- Take the prescribed medications (Colace, Senokot) to soften your stools and stimulate bowel movement..

Other:

- Side effects such as hallucinations or nightmares are possible.

WARNING: TALK TO YOUR FAMILY DOCTOR OR YOUR FOLLOW-UP NURSE TO ADJUST YOUR MEDICATION.


ACTIVITIES AND SLEEP

Every day:

- Stay active
- Divide your to-do list in smaller tasks to perform at various moments of the day
- Try to get 6 to 8 hours of sleep
- Distract yourself by meeting family and friends or joining a support group
- Try meditating or controlled breathing techniques (Petit Bambou is a simple and free application on the Web)

Benefits of Mindfulness

Meditation:

IMPROVES SLEEP QUALITY	FACILITATES COPING WITH EMOTIONS	IMPROVES FOCUS	REDUCES ANXIOUS BROODING
ALLEVIATES CHRONIC PAIN	12 PROVEN BENEFITS OF MINDFULNESS OR MINDFULNESS MEDITATION		REDUCES DEPRESSIVE CYCLES
REGULATES BLOOD PRESSURE			IMPROVES SUBJECTIVE WELL-BEING
IMPROVES HEART FUNCTION	REDUCES SKIN PROBLEMS	STRENGTHENS THE IMMUNE RESPONSE	LOWERS CORTISOL RELEASE (STRESS)

If your pain persists, intensifies or if you feel another form of pain such as numbness, burning, or electric shock:

Do not hesitate to contact your family doctor at once

Reference: Recovery Guide
www.icm-mhi.org

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