

RECOGNIZE RECOVERY SETBACKS:

Sometimes, patients ignore signs of health problems after a hospital stay, *hoping they will “just go away.” This is fairly common — no one wants to think about going back to the hospital!*

Care Partners have an important role to play, *monitoring a loved one’s recovery and, possibly, providing moral support, can help ensure that any medical complications are spotted and treated early.*

Don’t hesitate to call your loved one’s doctor *for any health problems you see or your loved one tells you about.*

Trust your gut. *It’s okay to call about anything that “just doesn’t seem right” concerning your loved one’s physical, mental, or emotional wellbeing.*

REMEMBER,
IT'S OKAY TO
SPEAK UP!

Go over this list with your loved one every day for at least a month after leaving the hospital. It will help both of you stay on the lookout for early signs of complications.

- Increase in pain — anywhere!
- Headaches or fever.
- Coughing, congestion.
- Bulging neck veins.
- Light-headed, dizzy.
- Confusion.
- Chest pain, indigestion, heartburn.
- Heart thumping or fluttering.
- Trouble breathing, shortness of breath.
- Nausea, vomiting.
- Appetite not improving/ loss of appetite.
- Swelling in stomach, ankles, legs.
- Weight gain of 2+ lbs. in just a day or two.
- Burning or pain in legs or arms.
- Trouble walking.
- Trouble sleeping.
- Body chills, body aches.
- More frequent need to urinate, especially at night.
- Blood in urine or stool, rectal bleeding.
- Diarrhea.
- Sores or raised red bumps that look like insect bites, open oozing sores, or open breaks in skin.
- Increasing redness or swelling around wound/stitches.
- Any oozing from wound(s) or stitches.
- Sadness, hopelessness.
- Lack of energy.
- Others suggested at discharge:


