



Health concerns



Who to Contact:

Call 911 if you have:

- Chest discomfort with sweating, nausea, faintness or shortness of breath.
- Shortness of breath that gets worse and is not relieved by resting
- Fainting spells.
- Bright red blood in stool or urine, or when you cough.
- Sudden problems with speaking, walking or coordination.

Call your Surgeon if you have:

- Bleeding- enough to soak through a tissue.
- Drainage from your incision that is persistent or changes in appearance or colour (e.g., yellow or green).
- Increased tenderness, redness or warmth around the surgery site.
- Irritation or blisters from your dressing or tape.
- Pain that is not relieved by your medication.
- A fever spike (greater than or equal to 39° Celsius/102.2 Fahrenheit) with or without shakes and body chills.
- A high-grade fever (38.5° Celsius/101.3 degrees Fahrenheit and over) for 2 days or more.
- Your calves (lower portion of your legs) become swollen and painful.

Who to Contact:

If you cannot reach your surgeon:

- Call your family doctor, or
- Go to a walk-in medical clinic, or
- If it is after clinic hours, go to a hospital emergency department.

For non-emergency health information and services:

- Contact HealthLinkBC – a free-of-charge health information and advice phone line available in British Columbia.



HealthLinkBC

- phone: *8.1.1 from anywhere in BC.*
7.1.1 for deaf and hearing-impaired assistance (TTY)
- email: www.healthlinkbc.ca
Translation services are available in over 130 languages.

Resources



It's Good to Ask program – includes tools and tips to help patients and their families understand their health condition by partnering with members of their health care team.

<http://bcpsqc.ca/blog/knowledge/its-good-to-ask/> for details.



The **Your Visit** page on Island Health's website has links to the information you, your family member(s) and visitors need to ensure your time with us is as comfortable as possible:

www.viha.ca/visit.