



Sternal Precautions

- Do not push or pull with your arms.
- Do hold onto your teddy bear or a pillow when getting in or out of bed or up or down from a chair.
- Do not raise your elbows higher than your shoulders.
- Do bend your elbows and lower your head to groom yourself.
- Do not lift greater than 5 to 10 pounds with your affected arm.
- Do ask for help when needed.

If you have any of these signs with activity, **Stop, Rest and Call your doctor.**

- Chest pain, pressure, tightness, burning with or without radiation into your arms, neck, back, jaw or throat.
- Shortness of breath
- Dizziness
- Nausea or vomiting
- Abnormal heartbeats
- Excessive sweating
- Extreme fatigue

Reminders:

- Your precautions are for 4 weeks unless told otherwise by your doctor.
- You are allowed to go up and down stairs, but limit the number of times you climb to conserve your energy. You may lightly touch a handrail for balance but do **not** push or pull on it.
- Do **not** reach behind you when dressing your upper body. Instead, keep your arms in front of you and reach across your body to pull the shirt around your back or neck.
- Hug your teddy bear when coughing or sneezing to decrease the pain in your chest.