SCARSTORIES · A LITTLE COMPANY ON THE WAY

Community resources

Prepared for your next conversation and the days ahead.

What actually happens during a bypass

A step-by-step walkthrough of the day of surgery, written for families as much as patients.

Reading your own blood pressure numbers

What systolic and diastolic mean, what your target probably is, and when a reading matters.

Questions worth asking before you consent

Twelve questions patients told us they wish they had asked their surgeon.

Sodium without the guesswork

How to read a label in either language, and the five foods that carry most of the load.

The first two weeks at home

Wound care, sleeping positions, when to call someone, and what is normal to feel.

A caregiver's first month

Medication routines, warning signs to keep on the fridge, and looking after yourself too.

Understanding your diagnosis letter

The abbreviations that appear on cardiology reports, in plain words.

Going back to work after a cardiac event

Timelines, conversations with your employer, and pacing the first month back.

For discussion and personal reference. Your care team’s individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.