


We Recommend that you:		Examples:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	<div style="background-color: red; color: white; padding: 5px;">Call your doctor if you have...</div> <div style="background-color: #ffe6e6; padding: 5px;">A temperature above 100.5 F</div> <div style="background-color: #ffe6e6; padding: 5px;">Weight gain of 5 pounds or more in 3 days Weight loss of 7 pounds or more before your clinic visit</div> <div style="background-color: #ffe6e6; padding: 5px;">Palpitations or an irregular heart beat</div> <div style="background-color: #ffe6e6; padding: 5px;">Shortness of breath worse than in the hospital</div> <div style="background-color: #ffe6e6; padding: 5px;">Bleeding, redness, swelling, increased pain or drainage near your incision Incision that opens up after you leave the hospital</div> <div style="background-color: #ffe6e6; padding: 5px;">Increased swelling in your legs or ankles</div> <div style="background-color: #ffe6e6; padding: 5px;">Nausea, vomiting or diarrhea</div>
Take your temperature (temp)	Take your temperature before eating every morning.	Date: June 15 Temp: 98.6	/	/	/	/	/	/	/	
Weigh yourself	Weigh yourself every morning before eating and after going to the bathroom.	Weight: 165	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	
Take Pulse/Blood Pressure (BP)	Take your pulse and blood pressure daily, or ask the visiting nurse to write it down for you.	BP: 120/70 PULSE: 72	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	
Exercises	See the " Exercises " chapter in your booklet	✓								
Incision Care	Shower daily with soap and water. Do not use any creams, lotions or powders on your incisions. NO Tub Baths.	✓								
Elevate your legs	Elevate your legs while sitting.	✓								
Wear Support Hose	Wear daily. Remove at night.									
Walk Increase the time you walk everyday	Increase time you walk every day. Don't worry about distance. Walking to the bathroom does not count! Walking up and down stairs is encouraged.	Time: 9 minutes Time: 10 minutes Time: 12 minutes	Time:	Time:	Time:	Time:	Time:	Time:	Time:	
Use Incentive Spirometer 4 times each day	See the page on Incentive Spirometer in your booklet. Use incentive spirometer during TV commercials.	1: ✓ 2: ✓ 3: ✓ 4: ✓	1: 2: 3: 4:	1: 2: 3: 4:	1: 2: 3: 4:	1: 2: 3: 4:	1: 2: 3: 4:	1: 2: 3: 4:	1: 2: 3: 4:	
Take Pain medication	Take pain medication as directed by your surgeon for the first few days. Begin to reduce your pain meds after 4 or 5 days as tolerated. (Decrease the number of pills or increase the time between pills.)	✓								
Avoid Constipation	Take stool softener while taking pain medications. Increase activity. Eat more fruits and vegetables.	✓								
Take your medication	Take medication as directed by your surgeon	✓								

Restrictions:


No lifting greater than 10 pounds.

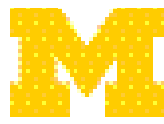


Do not push or pull heavy objects.



Do not drive.






We Recommend that you:		Examples:	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	<div style="background-color: red; color: white; padding: 5px;">Call your doctor if you have...</div> <div style="background-color: #ffe0b2; padding: 5px;">A temperature above 100.5 F</div> <div style="background-color: #ffe0b2; padding: 5px;">Weight gain of 5 pounds or more in 3 days Weight loss of 7 pounds or more before your clinic visit</div> <div style="background-color: #ffe0b2; padding: 5px;">Palpitations or an irregular heart beat</div> <div style="background-color: #ffe0b2; padding: 5px;">Shortness of breath worse than in the hospital</div> <div style="background-color: #ffe0b2; padding: 5px;">Bleeding, redness, swelling, increased pain or drainage near your incision Incision that opens up after you leave the hospital</div> <div style="background-color: #ffe0b2; padding: 5px;">Increased swelling in your legs or ankles</div> <div style="background-color: #ffe0b2; padding: 5px;">Nausea, vomiting or diarrhea</div>
		Date: <i>June 22</i>	/	/	/	/	/	/	/	
Take your temperature (temp)	Take your temperature before eating every morning.	Temp: <i>98.6</i>	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	
Weigh yourself	Weigh yourself every morning before eating and after going to the bathroom.	Weight: <i>165</i>	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	
Take Pulse/Blood Pressure (BP)	Take your pulse and blood pressure daily, or ask the visiting nurse to write it down for you.	BP: <i>120/70</i> PULSE: <i>72</i>	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	BP: PULSE:	
Exercises	See the " Exercises " chapter in your booklet	<i>✓</i>								
Incision Care	Shower daily with soap and water. Do not use any creams, lotions or powders on your incisions. NO Tub Baths.	<i>✓</i>								
Elevate your legs	Elevate your legs while sitting.	<i>✓</i>								
Wear Support Hose	Wear daily. Remove at night.									
Walk Increase the time you walk everyday	Increase time you walk every day. Don't worry about distance. Walking to the bathroom does not count! Walking up and down stairs is encouraged.	Time: <i>20 minutes</i>	Time:	Time:	Time:	Time:	Time:	Time:	Time:	
		Time: <i>21 minutes</i>	Time:	Time:	Time:	Time:	Time:	Time:	Time:	
		Time: <i>22 minutes</i>	Time:	Time:	Time:	Time:	Time:	Time:	Time:	
Use Incentive Spirometer 4 times each day	See the page on Incentive Spirometer in your booklet. Use incentive spirometer during TV commercials.	1: <i>✓</i>	1:	1:	1:	1:	1:	1:	1:	
		2: <i>✓</i>	2:	2:	2:	2:	2:	2:	2:	
		3: <i>✓</i>	3:	3:	3:	3:	3:	3:	3:	
		4: <i>✓</i>	4:	4:	4:	4:	4:	4:	4:	
Take Pain medication	Take pain medication as directed by your surgeon for the first few days. Begin to reduce your pain meds after 4 or 5 days as tolerated. (Decrease the number of pills or increase the time between pills.)	<i>✓</i>								
Avoid Constipation	Take stool softener while taking pain medications. Increase activity. Eat more fruits and vegetables.	<i>✓</i>								
Take your medication	Take medication as directed by your surgeon	<i>✓</i>								

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