



We recommend that you:		Examples:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		Date: <i>6/22</i>	/	/	/	/	/	/	/
Take your temperature (temp)	Take your temperature before eating every morning.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weigh yourself	Weigh yourself every morning before eating and after going to the bathroom.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take blood pressure (BP)	Take your pulse and blood pressure daily, or ask the visiting nurse to write it down for you.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises	See the " Exercises " chapter in your booklet	<input checked="" type="checkbox"/>							
Incision care	Clean incision daily with soap and water. Do not use any creams, lotions or powders on your incisions. NO tub baths ever.	<input checked="" type="checkbox"/>							
Elevate your legs	Elevate your legs while sitting.	<input checked="" type="checkbox"/>							
Driveline dressing	Change driveline dressing daily following written instructions.	<input checked="" type="checkbox"/>							
Walk	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:
		Time: <i>24 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: <input checked="" type="checkbox"/>	1:	1:	1:	1:	1:	1:	1:
		2: <input checked="" type="checkbox"/>	2:	2:	2:	2:	2:	2:	2:
		3: <input checked="" type="checkbox"/>	3:	3:	3:	3:	3:	3:	3:
		4: <input checked="" type="checkbox"/>	4:	4:	4:	4:	4:	4:	4:
Take pain medication (if still taking)	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.)	<input checked="" type="checkbox"/>							
Avoid constipation	Take stool softener or laxative while taking pain medications. Increase activity. Eat more fruits and vegetables.	<input checked="" type="checkbox"/>							
Take your medication	Take medication as directed by your surgeon	<input checked="" type="checkbox"/>							

Who do I call?

If you are experiencing an emergent alarm or emergency situation, call the VAD emergency number at

734-477-6722.

If you have a non-emergency question please call the VAD office at

734-615-3068

Monday-Friday 8am-5pm.



We recommend that you:		Examples:	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
		Date: <i>6/22</i>	/	/	/	/	/	/	/
Take your temperature (temp)	Take your temperature before eating every morning.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weigh yourself	Weigh yourself every morning before eating and after going to the bathroom.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take blood pressure (BP)	Take your pulse and blood pressure daily, or ask the visiting nurse to write it down for you.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises	See the " Exercises " chapter in your booklet	<input checked="" type="checkbox"/>							
Incision care	Clean incision daily with soap and water. Do not use any creams, lotions or powders on your incisions. NO tub baths ever.	<input checked="" type="checkbox"/>							
Elevate your legs	Elevate your legs while sitting.	<input checked="" type="checkbox"/>							
Driveline dressing	Change driveline dressing daily following written instructions.	<input checked="" type="checkbox"/>							
Walk	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:
		Time: <i>24 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: <input checked="" type="checkbox"/>	1:	1:	1:	1:	1:	1:	1:
		2: <input checked="" type="checkbox"/>	2:	2:	2:	2:	2:	2:	2:
		3: <input checked="" type="checkbox"/>	3:	3:	3:	3:	3:	3:	3:
		4: <input checked="" type="checkbox"/>	4:	4:	4:	4:	4:	4:	4:
Take pain medication (if still taking)	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.)	<input checked="" type="checkbox"/>							
Avoid constipation	Take stool softener or laxative while taking pain medications. Increase activity. Eat more fruits and vegetables.	<input checked="" type="checkbox"/>							
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We recommend that you:		Examples:	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
	Date:	6/22	/	/	/	/	/	/	/
Take your temperature (temp)	Take your temperature before eating every morning.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weigh yourself	Weigh yourself every morning before eating and after going to the bathroom.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take blood pressure (BP)	Take your pulse and blood pressure daily, or ask the visiting nurse to write it down for you.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises	See the " Exercises " chapter in your booklet	✓							
Incision care	Clean incision daily with soap and water. Do not use any creams, lotions or powders on your incisions. NO tub baths ever.	✓							
Elevate your legs	Elevate your legs while sitting.	✓							
Driveline dressing	Change driveline dressing daily following written instructions.	✓							
Walk	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: 20 minutes	Time:	Time:	Time:	Time:	Time:	Time:	Time:
		Time: 21 minutes	Time:	Time:	Time:	Time:	Time:	Time:	Time:
		Time: 22 minutes	Time:	Time:	Time:	Time:	Time:	Time:	Time:
		Time: 24 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: ✓	1:	1:	1:	1:	1:	1:	1:
		2: ✓	2:	2:	2:	2:	2:	2:	2:
		3: ✓	3:	3:	3:	3:	3:	3:	3:
		4: ✓	4:	4:	4:	4:	4:	4:	4:
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We recommend that you:		Examples:	Day 22	Day 23	Day 24	Day 25	Day 25	Day 26	Day 28
Date:		6/22	/	/	/	/	/	/	/
Take your temperature (temp)	Take your temperature before eating every morning.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weigh yourself	Weigh yourself every morning before eating and after going to the bathroom.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take blood pressure (BP)	Take your pulse and blood pressure daily, or ask the visiting nurse to write it down for you.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises	See the " Exercises " chapter in your booklet	✓							
Incision care	Clean incision daily with soap and water. Do not use any creams, lotions or powders on your incisions. NO tub baths ever.	✓							
Elevate your legs	Elevate your legs while sitting.	✓							
Driveline dressing	Change driveline dressing daily following written instructions.	✓							
Walk	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:
		Time: <i>24 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: ✓	1:	1:	1:	1:	1:	1:	1:
		2: ✓	2:	2:	2:	2:	2:	2:	2:
		3: ✓	3:	3:	3:	3:	3:	3:	3:
		4: ✓	4:	4:	4:	4:	4:	4:	4:
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