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Post Surgery Recovery Diary

Mr. Randy T. Olson

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This diary is for all out-patients who want to take charge of daily medication, activity and healing process. Each day offers a visual account of your progress from one day to the next. It also offers clear and precise charts for doctors to see how far you have come in your recovery. Take time each day to track and document your progress. You will be surprised at what transpires day by day over a one month period. Family members, who offer their assistance, will find this to be a valuable aid in your healing. Their addition to your chart is necessary when you are unable to do it for yourself. Using this Post Surgery Recovery Diary you will never have trouble medicating or guessing what has occurred during your recuperation when everything is documented. Index Forward_____ 5 Patient Information_____ 7 Patient name, address and phone number Care-person Type of surgery Drug allergies Insurance Company Policy number Insurance Company phone number Doctor name and phone number Emergency room phone number Doctor, Specialist and Assistant Information ___ 9 Name, address and phone number Daily Medication and Statistics Charts _____ 11-79 Medication names Doses and when taken Weight Temperature Hour's slept Heart rate Wellness gage Notes Calendar's_____ 81-89 2014 through 2018 and appointments

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