

WHAT TO DO DAILY	HOW TO DO IT	WHEN TO CALL MD
Check your attitude.	Assess daily strength/energy, observe for signs of depression. Stay active.	Excessive fatigue, weakness, flu-like symptoms, and signs of depression.
Breathe deeply.	Cough and deep breathe. Use spirometer every 2-4 hours at home (5-10 good, deep breaths each time) until seen in the office in 3 weeks.	↑ Shortness of breath, trouble breathing, sharp pain with breathing. ↑ Cough or change in sputum or cough that doesn't resolve.
Walk.	Follow exercise guidelines provided by the Physical Therapist. Take walks 3-4 times daily at the minimum; 300 feet each time. Be up in a chair the majority of the time. Do not sit longer than 2 hours in one place without moving.	Dizziness, sudden breaking out in a cold sweat, pain with breathing. ↑ Excessive shortness of breath, excessive weakness, nausea, or vomiting.
Rest well.	Get two rests in each day for 20-30 minutes. Time pain pills for before sleeping. Elevate feet when sitting and do not cross legs. DO NOT sleep all day.	Inability to sleep sufficiently. (It is not uncommon to wake up several times nightly when you are first home).
Eat well.	Eat a well balanced diet until appetite is normal. Then follow dietary guidelines for low fat & cholesterol.	Nausea, vomiting, or inability to eat adequately. Change in appetite is common after surgery for 1-2 weeks.
Observe you feet/ankles.	Look for ↑ swelling - wear Ted hose as directed.	Swelling in both feet/ankles, large amount of swelling in either foot/ankle. Redness, pain, or swelling in calf.
Check morning weight.	Record weight in am after urinating and before breakfast. Compare to previous 2-3 days weights.	↑ Weight of 3-4 lbs. or more overnight or ↑ 1-2 lbs. every morning for 2-3 consecutive days.
Control pain.	Take pain medication as directed.	When pain is not controlled. If you experience chest pain or severe shortness of breath, CALL 911.
Look at incisions.	Observe how incisions look the day you go home. Look for signs of infection.	↑ Redness, swelling, pain or drainage. Changes in drainage. Report ANY drainage from midline chest incision.
Take medications as instructed.	Follow your medication schedule.	Side effects, rash, wheezing, fever, bruising, and headaches.
Assess bowel function.	Observe for constipation or diarrhea. Hydrate. Do Not strain to have a bowel movement. Increase fiber and stay active to increase bowel motility	Continual loose stools, constipation, or blood in the stool.
Check temperature	Check temp if achy or feel you have a fever.	Call if temp is greater than 101 degrees F.
If diabetic, or pre-diabetic, check blood sugars at least twice daily before meals and record for your primary care physician.		
<b>DISPLAY this sheet in a prominent place as a reminder. Use this as a daily checklist for activities.</b>		
<b>Doctor's phone numbers: (406) 238-2770 Office Nurse or (406)238-5019 Hospital Nurse</b>		