DIARY

Keeping track of how you are feeling, what you are able to do and if there are any signs of infection helps you and your family to manage your post-op period. Try to check off or note changes for 4 weeks post-operatively. This will help you to see your progress and recognize if something unexpected is happening. You can share this information with your surgeon at follow-up or if you develop problems.

Week #	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Notes
Pain Level (1-10)								
Pain Meds Meds needed ___ times								
Wound Check Redness Swelling Hot Pain at site								
Redness/swelling in limb Yes / No								
Usual Medications Taken Yes / No								
Exercise / Activity Increase in time or distance Not improving								
Normal Activities Indicate changes in daily ability								
Other								