

DAILY MONITORING

WEIGHT. Weigh yourself at the same time every day, using the same scale, wearing the same amount of clothing. Urinate before you weigh yourself. Call your surgeon if you have gained more than 2 lbs in one day or more than 5 lbs in one week.

TEMPERATURE. Take your temperature at least daily. If you have a temp > 100.0 F or 38 C, retake it in 2 hours. If it remains high, call your surgeon's office.

PULSE. Count your pulse for a full minute daily. Call surgeon if your pulse is greater than 120 beats per minute.

	Date	Weight	Temperature	Pulse
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**** BRING THIS RECORD WITH YOU TO YOUR POST-OP APPOINTMENTS ****