



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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Enoch Dutton:

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Anne Young:

People live in this new day time of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both everyday life and work. So , if we ask do people have free time, we will say absolutely yes. People is human not a robot. Then we consult again, what kind of activity do you have when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading textbooks. It can be your alternative with spending your spare time, the book you have read is actually Post Surgery Recovery Diary.

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