

Your Recovery Tracker

Every person's recovery from aortic valve replacement is different.

The Recovery Tracker helps you keep track of several important areas of your recovery including any notes, concerns, or questions you may have following your procedure.

Take this with you to all of your follow-up doctor's visits to help inform your doctor about any important updates in your recovery.

How I feel overall *(circle one number each week)*

	Not well		Okay		Very well
Week 1	1	2	3	4	5
Week 2	1	2	3	4	5
Week 3	1	2	3	4	5
Week 4	1	2	3	4	5
Week 5	1	2	3	4	5
Week 6	1	2	3	4	5

My pain level *(circle one face each week)*

	Doesn't hurt	Hurts a little bit	Hurts a little more	Hurts even more	Hurts a lot	Hurts the most
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						

Medications I am taking

Name of medication	Dose	Time(s) I take it	With or without food
1			
2			
3			
4			
5			
6			

Things I did this week *(for example, did the shopping, light housework, gardening)*

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Week 5 _____

Week 6 _____

Additional notes to share with your doctor:

