Heard At Home — the first 30 days home

Home After Surgery: Daily Rhythm Planner

A one-page companion to the audio series. Print it, or keep it on your phone.

Morning

- [ ] Morning medications (with food, if the label says so)
- [ ] Pain check — rate it 0 to 10
- [ ] Look at the wound (more redness? swelling? drainage?)
- [ ] Short walk or movement, as approved

Midday

- [ ] Midday medications
- [ ] Movement or prescribed exercises
- [ ] Rest — recovery needs it

Evening

- [ ] Evening medications
- [ ] Pain check before bed
- [ ] Set out tomorrow's medications

Who does what — so the work doesn't fall on one person

Task	Person	Notes
Medications		
Wound check		
Meals		
Rides & appointments		

Call the care team if (full list in Episode 4: When to Call for Help)

- [ ] Fever, or the wound looks worse than yesterday
- [ ] Pain not controlled by the prescribed medication
- [ ] New swelling, shortness of breath, or anything that scares you

This week

Follow-up appointment: _____ Other: _____

Tip: pair the wound check with something you already do — like morning coffee. Habits stick when they ride on routines.

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heardathome.health