

## POST-SURGERY BLOOD PRESSURE/HEART RATE/WEIGHT LOG

After surgery it is important to track daily blood pressures, your heart rate and daily weight for managing your postoperative progression and assist your physician to recommend the best treatment options for your specific condition. Once you get home from the hospital after surgery it is important to log these numbers daily and at the same time of each day for best results.

Measure your weight every morning after getting out of bed and going to the restroom. Use the same scale each day and try to wear the same style/type of clothing. Measure your blood pressure and heart rate each morning BEFORE you take your morning medication. You will also measure and log these numbers as needed throughout the day for any significant changes in symptoms.

- If your (BP) blood pressure (top number) is below 110mmHg, DO NOT take your blood pressure medication and call your surgeon's nurse.
- If your (HR) heart rate is below 50-60, DO NOT take your beta blocker and call your surgeon's nurse.
- If your heart rate is elevated and exceeds 110-120 beats per minute for over 1-2 hours, or if it is elevated and you are symptomatic with shortness of breath, chest discomfort or any difficulty catching your breath with rest, contact your surgeon's nurse.

### NORMAL PARAMETERS ARE:

**Systolic (top number) 100 - 130mmHg and Diastolic (bottom number) 50 - 90mmHg.**

**Normal heart rate should be between 60 - 100 beats per minute.**

| DATE/TIME | BP | HR | WEIGHT | NOTES (ANY SYMPTOMS) |
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