



## PERIOPERATIVE TELEHEALTH EVALUATIONS

# PATIENT WEIGHT■TRACKING GUIDANCE INSERT

### Purpose

Your healthcare provider may recommend tracking your weight during surgical recovery to observe trends related to fluid balance or swelling. Not all patients need to track weight.

### How to Track Your Weight

1. Weigh yourself once daily or as instructed by your care team.
2. Weigh at the same time each day, preferably in the morning.
3. Use similar clothing and remove shoes.
4. Place the scale on a hard, flat surface.
5. Record your weight and focus on trends over time rather than single readings.

### Important Reminders

- Small daily weight changes are normal.
- Do not weigh yourself multiple times per day unless instructed.
- Weight is only one part of recovery monitoring.

### When to Contact Your Healthcare Provider

Contact your surgeon or healthcare provider if you have been instructed to do so or if you notice:

- Rapid weight gain or loss over a short period
- Increasing swelling in the legs, abdomen, or hands
- Shortness of breath, dizziness, or worsening symptoms

### Disclaimer

This insert is provided for educational and monitoring support only. It is not intended to diagnose, treat, cure, or prevent disease. Always follow instructions from your licensed healthcare provider.