**The Day of my surgery**

- I used my incentive spirometer
- I did log rolls every 3 hours
- I'm doing Deep breathing!
- I helped rate my pain!!

**1st day after surgery**

WOW

- I get to have liquids with flavor

**Sitting on the edge of the bed**

3 times today (check each time)

- Able to take pills again
- Parent coaching (How's that going?)
- Meet Child Life!!

**2nd day after surgery**

YEY

- No more drains!!!
- Get regular food for snacks

- I'm keeping the incentive spirometer going
- Taking short walks & getting up in the chair
- I tried a new activity with Child Life!!
- Starting to feel more myself today????

**3rd day after surgery**

SWEET

- I can eat REAL “good” food

- Walking in the hall
- XRAY to check out the new SUPER SPINE

- Visit the Activity Room
- Gettin’ myself together
  (wash up, brush teeth & hair)

**4th day after surgery**

ALL SYSTEMS GO

Going home soon!!

- I did one loop of the hall 3 times today!
  (Check each time)

- Are my comfort measures working?
- Get a card from Child Life to write my comfort plan for home

**5th day after surgery**

- Time to pack...I need my:
  - Comfort plan
  - Healthy eating plan
  - Activity plan