

When the Recovery Plan Changes

A practical reset for the recovery you are actually living now.

A complication, new test result, readmission, treatment change, new specialist, or another procedure can make the original recovery plan outdated quickly. The challenge is not only hearing new information. It is understanding what the new information changes.

START WITH WHAT IS TRUE NOW

Separate what is still current from what has changed. Record instructions from your healthcare team and do not rely on an older restriction, medication direction, activity plan, or expected timeline simply because it was written down first.

DO NOT FILL GAPS BY GUESSING

This resource does not decide whether a symptom is normal, whether treatment should change, or whether urgent care is needed. Follow instructions from your healthcare professionals. If you believe you may be experiencing a medical emergency, seek emergency medical care.

The change I am dealing with now:

Date I learned about this change:

Healthcare professional / team involved:

WHAT CHANGED?

Previous Plan / Expectation	What Is Different Now?	Who Confirmed the Change?

Part of my previous plan that still applies:

My New Recovery Plan

Rewrite the current plan in one place. Use the wording given by your healthcare team whenever possible so old and new instructions do not become mixed together.

Current Area	What I Am Supposed to Do Now
Main recovery priority	
Medications / treatments	
Wound / incision / device care, if applicable	
Movement / activity	
Therapy / rehabilitation	
Appointments / tests / follow-up	
Other current instruction	

The most important thing for me to focus on right now:

Instruction I need clarified before I act on it:

Restrictions, Activities & Assistance

A changed plan can affect what you should avoid, what you may do, and what help or equipment you need. Record current instructions rather than relying on what was allowed earlier.

Area	Current Restriction / Permission / Instruction
Walking / standing	
Weight-bearing / lifting	
Stairs / transfers	
Driving / transportation	
Work / household tasks	
Bathing / personal care	
Exercise / therapy activity	
Other	

Equipment or assistance I need now:

Activity I should ask about before restarting:

Who can help me follow these restrictions safely?

How This Change Affects Daily Life

A medical change can create practical changes too. Identifying them early helps turn a new medical plan into something you can actually carry out at home.

Area	What Is Different Now?	Help / Adjustment Needed
Transportation		
Meals / shopping		
Personal care		
Household responsibilities		
Work / school		
Child / pet responsibilities		
Caregiver / family help		

The practical problem I need to solve first:

Person I can ask for help:

Help I still need to arrange:

Something I may need to postpone, simplify, or do differently for now:

Care Team, Follow-Up & Questions

When recovery becomes more complicated, the care team can expand quickly. Keep the new people, next contacts, and unanswered questions together.

Professional / Service	Role	Next Contact / Appointment	Question / Follow-Up

QUESTIONS WORTH CLARIFYING

- ☐ What exactly changed, and why?
- ☐ What old instruction should I stop following?
- ☐ What should I begin or continue doing now?
- ☐ Which restrictions changed, and when will they be reviewed?
- ☐ What is the next decision point, test, appointment, or milestone?
- ☐ Who should I contact between visits or if instructions seem to conflict?
- ☐ What change should prompt me to contact the healthcare team sooner?
- ☐ How does this affect the expected recovery timeline?

My most important unanswered question:

Answer / instruction I received:

My Recovery Reset

A changed plan can make it feel as though earlier effort was wasted. It was not. What you learned about your body, routines, support system, and the questions you need to ask still comes with you into the next phase.

WHAT I KNOW NOW

What I understand better about my recovery than I did before:

What has helped me manage difficult days or complicated instructions:

WHAT I NEED NOW

Support, information, or practical help that would make this next phase easier:

THE NEXT STEP

The next action that is mine to take:

The next action that belongs to my healthcare team or someone helping me:

What I want to remember if the plan changes again:

Date I will review this plan again:
