

Heartworm Recovery Calm Kit

A calm, simple place to start when everything feels urgent

You don't have to decide everything today.

How to Use This Kit

A heartworm diagnosis can make everything feel immediate and overwhelming. This kit exists to give you somewhere steady to land.

You do not need to complete all this at once.
You do not need to have answers yet.

Use this kit to:

- organize questions before veterinary appointments
- create predictable, calming routines at home
- keep notes so nothing important lives only in your head

What this kit is *not*

It is not medical advice

- It does not replace veterinary care
- It does not recommend or prescribe treatment

All medical decisions should always be made with a qualified veterinarian.

This is simply a tool to help you stay calm, informed, and supported while you move forward.

Questions to Ask Your Veterinarian

You don't need to ask all of these at once. Use what feels relevant and let your veterinarian guide the conversation.

About diagnosis and testing

- What tests were used to confirm the diagnosis?
 - Are there follow-up tests we should expect?
 - What signs should I monitor between visits?
-

About activity and rest

- What level of activity is appropriate right now?
 - How strict should rest be?
 - What changes would require adjusting activity levels?
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About monitoring and safety

- What changes or concerns should prompt me to contact your office?
 - What is normal during recovery, and what is not?
 - Who should I contact if I'm unsure after hours?
-

About follow-up

- When is the next recommended check-in?
 - How will we know how my dog is progressing?
 - What should I track at home?
-

Notes:

Daily Calm Routine Planner

Predictability helps both dogs and people feel safer. This page is not about perfection — it's about creating a steady rhythm that supports rest and calm.

Morning

Wake-up time: _____

Feeding notes: _____

Calm activities (short leash time, quiet enrichment):

Calm activities (short leash time, quiet enrichment):

Midday

Rest environment check (quiet, temperature, comfort):

Gentle engagement (if appropriate):

Observations: _____

Evening

Feeding notes: _____

Winddown routine:

Observations: _____

Reminders for myself

Observation & Notes

This page is for recording, not interpreting. Use checkmarks or short notes. Share this information with your veterinarian as needed.

Appetite Normal Reduced Increased

Notes:

Energy Calm / resting More tired than usual
 Restless

Notes:

Breathing / coughing No change noticed Occasional cough
 Change from usual

Notes:

General notes

Date: _____

When to Pause and Reach Out

Trust your instincts. If something feels off, it's okay to ask.

This list is not exhaustive and is not a substitute for professional guidance.

Contact your veterinarian if you notice:

- sudden changes in breathing
- persistent coughing or signs of distress
- collapse, extreme lethargy, or pain
- anything that concerns you or feels different than expected

You are not overreacting by checking in. You are advocating for your dog.

Next Gentle Steps

“Urgency is often a feeling, not a fact—when fear leads, choices narrow; when understanding leads, options expand.” A-

You don't need to do everything at once.

For now:

- Keep routines calm and predictable
- Bring your questions and notes to appointments
- Allow yourself time to process information

If you would like more structure as you move through recovery — something steady to return to between appointments — the full guide is available at:

[howzuribeatheartworms.com](https://www.howzuribeatheartworms.com)

There is no pressure. Start where you are.

A Final Word

This season may feel heavy, uncertain, or lonely at times. That doesn't mean you're doing anything wrong. Caring for a dog through heartworm recovery asks for patience, restraint, and trust—often all at once.

You are allowed to move slowly. You are allowed to ask questions more than once. You are allowed to rest, too.

This kit is here to hold the small details, so you don't have to carry everything in your head or your heart. Let it support you, not pressure you. Progress doesn't always look dramatic—sometimes it looks like steadiness, consistency, and shows up again tomorrow.

You are doing your best with the information you have today. That is enough.

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This resource is intended for informational and emotional support purposes only. It does not provide medical advice, diagnosis, or treatment and is not a substitute for professional veterinary care. All medical decisions should be made in consultation with a licensed veterinarian.

