

Know Your Zone

Recovery From Orthopedic Surgery



DAILY CHECK

- Continue to take your medications as prescribed, such as blood thinners, pain medications and stool softeners.
- Eat a balanced diet.
- Do your exercises as prescribed by your therapist.
- Walk several times a day using a walker or cane as instructed by physician.
- Continue doing your breathing exercises.
- For hip replacements, follow your surgeon-prescribed precautions.

GREEN ZONE

Your symptoms are under control if:

- Incision is clean and there is no drainage
- Have mild pain controlled with medications
- Are able to bear weight on surgical leg
- Can complete exercises and activities of daily living
- Are not experiencing shortness of breath, chest pain or fever
- Have regular frequency in bowel movements

YELLOW ZONE

Call your surgeon's office if:

- Have more swelling or pain than normal since surgery (It is not unusual to have swelling for up to six months after surgery.)
- Have a fever greater than 101.4°F
- Have drainage, redness or odor at the incision site
- Experience calf tenderness, swelling or warmth in either leg
- Are unable to walk or put weight on your leg
- You notice excessive bruising or bleeding
- You are having nose bleeds
- You are bleeding from the gums or see blood in your urine or stool
- Its difficult to urinate or you are unable to have a bowel movement for three consecutive days or longer

RED ZONE

If you experience any of the following:

- Severe shortness of breath at rest or sudden wheezing
- Pale, gray or blue skin color
- Change in the color of your skin and nails and/or your lips appear blue or gray
- Chest pain
- Coughing up blood
- Sudden confusion
- Rapid heart rate

Call 911 immediately. DO NOT DRIVE YOURSELF TO THE EMERGENCY DEPARTMENT.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.



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