

I feel well

- I have my pain controlled
- I do not have a fever
- I am going to physical therapy and doing my exercises
- I do not have an overly bloody or wet dressing
- I do not have increased swelling, warmth or pain to either leg
- I have a good appetite and regular bowel movements

Go

All clear. This is your zone!

- I will continue to take my medications as prescribed
- I will keep up with my physical therapy visits and exercises
- I will remove my wound dressing according to my discharge instructions
- I will drink lots of liquids, especially water and not alcohol. This will help prevent dehydration and constipation
- I will ice as needed
- I will keep all doctor appointments

I do not feel well

- I do not have my pain under control and unable to make progress with physical therapy due to pain
- I have increased joint stiffness
- I have increased clear or bloody drainage from my wound
- I have constipation

Caution

Contact your surgeon

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- Call your surgeon. They may need to make changes to your plan of care or medications
- Drink more liquids. Goal: 8-10 glasses of water daily
- Eat a diet with more fiber. Stool softeners, which you can buy at a pharmacy, may help. Ask your surgeon

I feel worse

- I have a temperature over 101.5 degrees
- I have redness, foul-smelling drainage or pus at my wound
- I have increased swelling, warmth and pain to either leg
- I fell
- I have sudden severe pain
- I have shortness of breath or chest pain - call 911

Stop

Get help now!

Call your surgeon immediately

If it is the weekend and your surgeon is unavailable, or if your symptoms are severe, go to the ER