Every Day:

✓ No smoking! Avoid second hand smoke.
✓ Balance activity and rest.
✓ Resume a well balanced diet or the specific diet your physician recommended.
✓ Take your medication as prescribed. Avoid NSAIDS (Advil, Naproxen, Ibuprofen, etc.) until your doctor tells you to take them.
✓ Monitor your surgery site daily.

All Clear Zone........................................... This is the safety zone if you have:

• Pain is controlled by prescribed pain medications.
• No swelling, redness, or draining at your surgery site.
• Keep all appointments with physical therapy or your doctor.

Warning Zone............................................. Call your doctor if you have:

• Your pain is not controlled by prescribed pain medications.
• Your fever higher than 100.5.
• You have swelling that seems to be worsening, redness, opening of wound, cloudy or bloody drainage from your surgical site.
• You are not tolerating physical therapy well.

Medical Alert Zone .... Go to the Emergency Room or call 911 if you have:

• If you have a fall at home.
• If you have shortness of breath or chest pain.