



MACOMB

## My Action Plan After Joint Replacement Surgery

### EVERY DAY

- \*Change dressing as instructed
- \*Shower as instructed
- \*Wear clean clothing daily
- \*Use clean towel and bedding daily
- \*Do therapy and exercises as instructed
- \*Use your incentive spirometer daily
- \*Take all medications as prescribed
- \*Eat a healthy diet and drink plenty of water
- \*Monitor for complications as instructed

### GREEN ZONE

#### While Recovering After Surgery You May Experience:

- \*Pain that is adequately controlled
- \*Swelling in your hip or knee with activity and rest
- \*Stiffness in your hip or knee without activity or when resting
- \*Small amount of drainage on dressing that may be clear to pink in color for the first 5 days
- \*Incision area that is *slightly* warm and pink

### YELLOW ZONE

#### Call Joint Coordinator (586) 493-8024 or your surgeon's office during office hours if you experience:

- \*SUDDEN increase in pain or swelling in your hip or knee
- \*A temperature that is GREATER than 101°F
- \*Excessive wound drainage or bleeding
- \*Redness or hotness at the incision area
- \*Vomiting or persistent nausea
- \*Pain in either calf
- \*Worsening pain that is not controlled by pain medication
- \*Fall or injury to surgical knee or hip
- \*New abdominal pain, trouble urinating, or no bowel movement in 5 days

### RED ZONE

#### CALL 911 IF YOU EXPERIENCE:

- \*Chest pain
- \*Shortness of breath at rest
- \*Confusion or cannot think clearly
- \*Slurred speech or facial drooping