

TOTAL JOINT RECOVERY



GREEN ZONE | OPTIMAL RECOVERY

What this Means:

- Your incision is healing well: no redness, warmth, swelling, drainage, or odor.
- Your dressing is clean and dry.
- Your pain is controlled - it may still be present and increase with activity, but it decreases with rest, ice, and elevation.
- You're eating balanced meals, staying hydrated, and taking protein supplements.
- You're having regular bowel movements.

Actions to Take:

- Follow your doctor's care plan and take medications as prescribed.
- Stay consistent with your appointments and therapy routine.
- Avoid sitting for more than an hour at a time. Take short walks around the house.
- Rest between therapy sessions.
- Prioritize 7-8 hours of sleep each night.



YELLOW ZONE | CALL YOUR PROVIDER NOW

What this Means:

- You have a fever (101°F+), chills, cough, weakness, or body aches.
- You have a significant increase in pain and/or swelling in your operative leg.
- You have a sudden change in your ability to move or do your exercises.
- Your skin is itchy, swollen or has a rash, either around your incision, or generally on your body.

Actions to Take:

- Call your surgeon as soon as possible if you experience any of these symptoms.
- Don't wait - seek prompt medical attention.
- Call your Primary Care Provider if you're constipated, having trouble urinating, or experiencing pain or burning when urinating.



RED ZONE | EMERGENCY CARE NEEDED | DIAL 911

Seek medical treatment immediately if you have any of the following symptoms:

- One or both legs or calves suddenly feel warm, tender, painful, red, and/or swollen.
DO NOT rub your leg(s) if you have these symptoms.
- Chest pain, difficulty breathing, light-headedness, or coughing up blood.
- Major change in alertness, confusion, or difficulty waking up.
- Sudden weakness, numbness, or paralysis in your face, arm, or leg (especially on one side), slurred speech, trouble speaking, or vision changes.
- Sudden significant increase in swelling, redness, pus drainage, or incision separation.