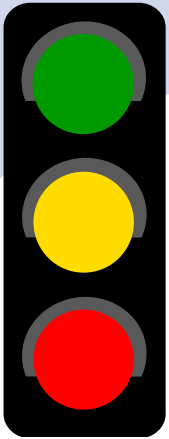


Zone Tool

Total Knee Replacement



Every Day:

- No smoking! Avoid secondhand 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:*

- Pain is controlled by prescribed pain medications
- There is no swelling, redness or draining at your surgery site
- All appointments with physical therapy or your doctor are kept

Warning Zone ... *Call your doctor if:*

- 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, or 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 a fall at home
- You have shortness of breath or chest pain