



# Zone Tool

## Total Hip Replacement

### 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.