

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.