



## Every day after your surgery, you should:

- Take your medication as directed
- Ice and elevate (raise or keep propped up) your surgical leg
- Follow your home exercise program

Watch for any signs of medical concerns after surgery. Use the table below to see what “zone” you’re in and what action you need to take.

### Orthopaedic Surgery Clinic contact information:

Mon - Fri 8:00 am - 4:30 pm: (734) 936-5780

After hours: (734) 936-6267

(ask for on-call orthopaedic resident doctor)

Opioid medications are only refilled during business hours

## Which zone are you in today?

### Green zone

### No action is needed

**You do not need to take any action** if you experience any of these things after your surgery:

- You have a fever lower than 101.5° F (it is normal to have a low fever after surgery)
- You have swelling or bruising that is stable (not getting worse) and is controlled with ice and elevating your leg above heart level
- You have some pain, but it is managed with medication, changes to your activities, or rest
- You don’t feel as hungry as normal (make sure to eat high fiber and nutritious foods to support your recovery)
- You have some trouble falling and staying asleep (this is common for the first 1-2 months after surgery and should improve with time)
- Your surgical dressing is clean and dry

### Yellow zone

### Call the clinic

**Call the Orthopaedic Surgery Clinic before going to an urgent care center or emergency room (ER)** if you have any of these symptoms:

- You have a fever of 101.5° F or higher or chills
- You have a new rash, redness, fluid draining, or bleeding from your surgical cut
- Your pain has gotten worse, or you can’t manage your pain with medications or other methods
- You have new pain in your calf (the area on the back of your lower leg)
- You have swelling that does not improve with ice and elevating your leg above heart level
- You haven’t had a bowel movement in 3 days
- You have diarrhea that isn’t going away
- You have nausea, vomiting, or dizziness that isn’t going away or that seems caused by medications you are taking
- Fall or twist without noticeable or significant injury – able to put weight on your leg

### Red zone

### Call 911

**Call 911 immediately** if you experience any of these signs of a medical emergency:

- Sudden shortness of breath or difficulty breathing
- Chest pain
- Feelings of a racing heart (fast heartbeats)
- Confusion or fainting
- Coughing or vomiting blood
- Fall or twist with noticeable or significant injury – unable to put weight on your leg
- Sudden weakness or slurred speech

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