


When you are at HOME after your surgery

You are in the Red Zone, take action now.

- Chest Pain
- Shortness of Breath
- Fall (with pain/injury/loss of consciousness)

Action:  **9-1-1 Right Away!!**

You are in the Yellow Zone, call right away.

If you ARE receiving Home Health Care



Action Day or Night:

Call Home Health, available 24/7

- Temp >101° F with chills, sweating, shaking
- Changes in your incision
 - Significant swelling or redness around incision
- Increased drainage (*foul odor or cloudy color*)
- Uncontrolled pain
- Not tolerating physical therapy (if ordered), weakness
- No bowel movement in 3 days
- Fall without injury or loss of consciousness

If you are NOT receiving Home Health Care



Action: Call Day, Night, Weekend

Surgeon's office: _____

- Temp >101° F with chills, sweating, shaking
- Changes in your incision
 - Significant swelling or redness around incision
- Increased drainage (*foul odor or cloudy color*)
- Uncontrolled pain



Action: Call Daytime

Surgeon's office: _____

Navigator: _____

- Not tolerating physical therapy (if ordered), weakness
- No bowel movement in 3 days
- Fall without injury or loss of consciousness

You are in the Green Zone, right where you need to be.

- Bruising and swelling of surgical incision
- Pain okay with medication
- Doing Physical Therapy (if ordered)
- Normal bowel pattern



Action:

- Do ankle pumps to prevent blood clots (VTE)
- Continue your normal recovery

Remember:

- Keep ALL appointments
- Use incentive spirometer every 2 hours for 5 days
- Take all medications as ordered
- Drink lots of water and eat well

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

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