

✓ My Action Plan:

DAILY ACTIVITIES RECOMMENDED BY YOUR CLINICAL TEAM:

Walking _____ minutes _____ times a day

Exercise (refer to exercise plan provided): _____

Ice or cryotherapy: _____ minutes at a time _____ times per day to help to decrease pain and swelling

Elevation: _____ minutes at a time _____ times per day to help decrease swelling and pain

SCAN FOR THE EXERCISE PROGRAM



	SUN	MON	TUES	WED	THURS	FRI	SAT
Time medication taken							
Walking							
Exercise							
Ice/ cryotherapy							
Elevation							



LIVING WELL AFTER KNEE AND HIP REPLACEMENT

My next doctor's appointment: _____

Personal Goal: _____


Activity Goal: _____




SCAN THE QR CODE FOR SERVICES NEAR YOU.
VITALCARING.COM


Joint replacement surgery is often done to relieve pain from arthritis or repair damage to a joint from an injury. Joint replacement can help improve pain, movement, and overall quality of life. Surgery is the first step in your journey to recovery. Your success in recovery depends on your commitment to exercise and a healthy lifestyle. It is important to follow all orders and recommendations from your doctor and care team.


Post Surgical Care:		
PRECAUTIONS	HIP REPLACEMENT	KNEE REPLACEMENT:
<p>It is important to know the risks after a joint replacement. Monitoring your incision, pain and following your doctor's precautions are key to a successful recovery.</p>	<p>POSTERIOR HIP PRECAUTIONS</p> <ul style="list-style-type: none"> ✗ Do not bend forward more than 90 degrees or raise your knee above hip level ✗ Do not cross legs or feet ✗ Do not roll or lie on your operated side ✗ Do not twist the upper body when standing 	<ul style="list-style-type: none"> ✗ Do not sit with your legs crossed ✗ Do not sleep or rest with a pillow under your knee ✗ Do not kneel on your new knee
	<p>ANTERIOR HIP PRECAUTIONS</p> <ul style="list-style-type: none"> ✗ No hip extension or hip external rotation beyond neutral ✗ Do not lie on your stomach 	


 **MONITOR YOUR INCISION:** Follow your doctor's orders exactly as instructed. Keep your dressing clean and dry. Monitor each day and report any signs of infection: severe swelling, warmth, oozing of blood or fluids. Bruising and some swelling is expected following surgery. Notify your nurse immediately if you have a saturated bandage or signs of infection.

 **HOME SAFETY:** It is important to follow all instructions to stay safe within your home. Preventing falls is key to your success. A fall could slow your progress, cause injury, or hospitalization. Simple changes can make your home safer and easier to access.

- ✓ Place all frequently used items within easy reach. Be sure you are able to easily get medications, water, food, and phone.
- ✓ Make pathways clear for primary areas such as kitchen, bedroom, and bathroom. Remove throw rugs and cords that you can trip or catch your walker on.

 **EQUIPMENT:** Your doctor or therapist may recommend equipment to keep you safe at home. It is important to use the equipment at all times to prevent falls or injury. Common equipment recommended after surgery is a cane, walker, bedside commode, and shower chair.

 **MEDICATION:** It is important to take your medications exactly as prescribed by your doctor. Medications help control pain, prevent infections, and bleeding. Pain control is important to be able to participate in therapy and move around safely.

 **LIFESTYLE:**

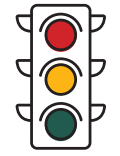
- ✓ Stop smoking. Smoking can slow healing process.
- ✓ Eat a healthy diet with high protein and vegetables.
- ✓ Stay hydrated! Anesthesia can leave toxins in your body and medications can cause constipation. Drinking water can help clean your system.

SCAN FOR THE SAFE AT HOME BOOKLET



Post Surgical Management Zones
WHICH ZONE ARE YOU IN?

DAILY



- + Take your medications exactly as ordered by your doctors
- + Keep all home health, therapy and doctors' visits
- + Balance activity with rest. Exercise as prescribed by your doctor or therapist
- + Keep an eye on your bandage or surgery site for any changes in color, amount of drainage, or swelling

GREEN ZONE – GOOD TO GO



- + Pain is at an acceptable level for you with recommended treatment, rating is between 0-3 (0-10 scale where 0 = no pain and 10 = worst pain ever had)
- + No swelling, redness or increased drainage at your surgery site
- + Able to do basic activities and rest comfortable
- + Regular bowel movements
- + Good appetite
- + Continue _____ (ice or propping as instructed)

YOU'RE DOING GREAT! KEEP IT UP!

YELLOW ZONE – CAUTION



- + Pain that is not at your comfort level with your recommended treatments
- + Able to do basic activities or rest comfortable
- + No bowel movement in 2-3 days
- + Decreased appetite with nausea or vomiting
- + Incision area is red and warm to touch
- + Green, yellow or bloody drainage noticed with or without odor
- + Temperature of 100 or higher for more than 24 hours
- + Swelling in feet, ankles, legs, stomach that does not improve after lying with legs propped for an hour
- + Painful, burning or frequent urination

ACT TODAY – CALL YOUR HOME HEALTH CLINICIAN OR YOUR PHYSICIAN

RED ZONE – EMERGENCY



- + New severe pain with no relief from your usual treatments
- + New or worsened pain or swelling in your calf or lower leg
- + Large amount of bleeding
- + New or worsened swelling, odor, green or yellow drainage at surgical site
- + Temperature of 101 or higher, chills and weakness
- + Shortness of breath or chest pain
- + Unable to keep medicine, liquids or food down
- + Experience a fall
- + Confusion

ACT NOW – CALL YOUR HOME HEALTH CLINICIAN, PHYSICIAN, OR GO TO THE ER.