

# Total Knee Replacement

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## 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.

**Call VNA Home Health:  
1800-862-3330**

**After discharge from home health services on \_\_/\_\_/\_\_ call your doctor or healthcare provider:**

\_\_\_\_\_ *(doctor's phone number)*



## Green Zone: All Clear. This is the safety zone if you have:

- ✓ Pain that is controlled by prescribed pain medications.
- ✓ No swelling, redness, or draining at your surgery site.
- ✓ Been keeping all appointments with physical therapy and your doctor.



## Yellow Zone: Warning. Act Today! Call VNA

- ✓ Pain that is not controlled by prescribed pain medications.
- ✓ Fever higher than 100.5 degrees.
- ✓ Swelling that seems to be worsening, redness, opening of wound, cloudy or bloody drainage from your surgical site.
- ✓ Trouble tolerating physical therapy well.



## Red Zone: Medical Alert!

Go to the emergency department or call 911 if you have:

- ✓ A fall at home.
- ✓ Shortness of breath or chest pain.

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