

After Surgery Zones

Please use this handout as a reference after your surgery to know when to call your surgeon or when to call 911. The earlier you get help, the better! For specific questions or concerns, contact your surgeon.

Surgeon's name and number: _____

The green zone: **Good**

What the **green zone** means:

- Your symptoms are under control with no new symptoms in the yellow or red zones.
- You are continuing your daily activities as instructed by your doctor and/or therapist.
- You are taking your medications as ordered with no side effects.
- You are scheduled for a follow-up appointment with your surgeon.

The yellow zone: **Caution**

Call your surgeon right away (then your primary doctor if there is no answer from your surgeon) when you have the following symptoms:

- Increased swelling, warmth, tenderness, or pain in your foot, ankle, calf or thigh.
- Your incision starts to open or continues to bleed.
- Warmth, redness, swelling, oozing, and/or a bad or strong smell at the incision.
- Consistent fever more than 101.6° F (38.7 ° C) and feeling more weak or tired than usual.
- Increased pain you can't tolerate even after taking pain medication.
- A cough and have trouble breathing.
- Constipation lasting more than three days.
- Feeling like you need to pee a lot and noticing burning and/or blood in your pee.
- Anything else that bothers you and is not normal for you.

What the **yellow zone** means: your symptoms may mean you need to see your surgeon as soon as possible.

The red zone: **Emergency**

Call **911 immediately** if you have any of the following symptoms in the red zone:

- Sudden cold sweat and/or chest pain/tightness spreading to the arm, shoulder, neck, or jaw.
- Sudden shortness of breath that doesn't get better after rest and/or coughing up blood.
- Having unclear thoughts, unexplained anxiety, or stroke symptoms.
- Feeling dizzy and like you are going to pass out.
- Having a very high fever with chills, cold/clammy skin, shivering, and very fast heartrate.
- Excessive bleeding that won't stop from your surgical site even after applying pressure.

What the **red zone** means: you need to call **911 right away!**