

Total Knee Replacement

Zone Tool



The Quality Improvement Services Group of
ALLIANT HEALTH SOLUTIONS

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

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

- Pain is controlled by prescribed pain medications
- There is no swelling, redness, or draining at your surgery site
- All appointments with physical therapy or your doctor are kept

Warning Zone: Call your doctor if you have

- Your pain is not controlled by prescribed pain medications
- Your fever higher than 100.5°F
- You have swelling that seems to be worsening, redness, opening of wound, cloudy or bloody drainage from your surgical site
- You are not tolerating physical therapy well

Medical Alert Zone: Go to the Emergency Room or call 911 if you have

- You have a fall at home
- You have shortness of breath or chest pain

AdventHealth Advantage Plans is administered by Health First Health Plans. Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal.
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