

Hip recovery stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: _____

Phone: _____



Green Zone

I'm feeling good.

- My incision site is closed, clean, and slightly pink with only a little swelling or tenderness.
- I am gradually increasing my activity each day.
- I am able to maintain an acceptable pain level with my current treatment plan.
- My acceptable pain range is ____ to ____.
- I can rest comfortably.
- I am able to have regular bowel movements (BM).

How I'll prevent symptoms today

I will:

- Keep my incision clean and care for it the way my doctor/provider has recommended.
- Use ice packs after activity and as recommended by my provider.
- Do only the activities my doctor/provider says are safe and follow dislocation/hip precautions.
- Walk only where paths are clear and free of tripping hazards.
- Continue my exercises as recommended by therapy or my provider.
- Take my medicine as directed.
- Keep my doctor/provider appointments.
- Do my cough and deep breathing exercises or hand-held breathing device.



Yellow Zone

I'm not feeling good.

- My leg feels more painful, swollen, or tender than it did before.
- I have a popping sound in my hip.
- I am not able to follow the instructions about how much weight I can put on my leg.
- My incision has liquid draining from it, looks red, feels warm, or has a bad smell.
- I am running a fever greater than 101°F, feel very cold, or have body aches.
- I have not had a regular bowel movement within the past 3 days.
- I am not able to maintain an acceptable pain range with my current treatment plan.

Caution!

Take action TODAY. I will:

- Continue taking my medication as directed.
- Report these symptoms to my doctor/provider without delay **AND** call my doctor/provider if my symptoms do not improve after following my treatment plan.

- _____
- _____



Red Zone

I feel awful!

- I have severe pain when walking or standing or can't stand or walk after a fall.
- I have noticed a change in my leg length.
- I have a sudden onset of numbness or tingling in my legs or feet.
- I have severe pain, warm to touch or severe swelling in my thigh or calf that does not get better with elevating my leg.
- I have trouble breathing or I am breathing fast, even when I am resting.

Get help!

Take action NOW:

- **CALL 911 or seek medical care RIGHT AWAY.**
- While getting help, do this:

- _____
- _____