

What zone am I in?

	Green Zone You are in control	Yellow Zone <u>Take action today during business hours* (8am – 5pm)</u>	Red Zone <u>Take action now Proceed to Emergency Dept.</u>
Do I have pain and swelling?	My pain is under control and I have no significant increase in swelling.	My activity is limited due to increased pain and/or swelling.	I am unable to perform activities due to uncontrolled pain and/or swelling.
How is my incision?	My dressing is clean, dry and without new drainage and/or blood.	My incision is red and there is increased drainage and/or blood on my dressing.	My incision is swollen, reddened, there is increased drainage and/or bleeding and/or a foul odor.
Do I have a fever?	No, I do not have a fever.	My temperature is 100° or less.	My temperature is greater than 100°.
Do I have a blood clot?	I feel well today. • I have no swelling in my feet or legs and/or • I have no calf pain and/or • No difficulty breathing	I do not feel well, something is not right. • I have minor swelling in my feet or legs and/or • I have minor tenderness in my calf	I do not feel well and I am very worried about myself. • I have swelling in my feet or legs and/or • My calf(s) are tender/warm to touch
How is my diet and elimination?	My eating is normal, I have had a bowel movement since discharge and I am urinating normally.	I am nauseated, have a decreased appetite and/or have not had a bowel movement since discharge.	I am vomiting, fatigued or have a decreased appetite.

*If you are in the YELLOW, someone will contact you within 2 business days. If you feel you cannot wait, please proceed to the Emergency Department.

Call 911 Immediately If You Have:

- Chest pain
- Extreme shortness of breath
- Heaviness in chest
- Signs and symptoms of a stroke (face drooping, arm weakness, difficulty with speech)
- You feel you need immediate attention

Tips to help communicate medical concerns to your provider:

1. Say who you are.

- Give your full name and birth date.
- If you are not the patient, say how you know the patient.

2. Say what you are being treated for at the time.

- Date and type of surgery
- Surgeon

3. Say why you are calling.

- I am calling because I have a question regarding...
- I am calling because I am in the Yellow or Red Zones.
- I am calling to report a problem or change.
- I am calling because I have a concern with my medication. State preferred pharmacy.

Follow-up instructions and notes:
