



# HIP MANAGEMENT

Advanced Home Care's *Extraordinary Care™* Program for Hip Management.

## WHAT ZONE ARE YOU IN TODAY?

**RED  
ZONE**  
Seek Medical  
Care NOW if:

- Severe, sudden pain at joint site
- Unrelieved chest pain
- Trouble breathing during normal activities
- Chest pain when you breathe or cough

**YELLOW  
ZONE**  
Call your  
Nurse or  
Provider  
TODAY if:

- Fever above 100.0°F
- Tenderness, redness, pain in the lower leg or thigh muscle
- No bowel movement in 3 or more days
- Increased redness, heat, drainage, odor or swelling at surgery site
- New onset of pain at rest or with activity
- Pain not relieved after taking medications
- Increased bleeding from the incision, nosebleeds, or blood in the urine

**GREEN  
ZONE**  
Keep Up the  
Good Work if:

- Moving around at home more
- Pain is controlled
- No problems breathing or coughing
- Surgical incision has no redness or swelling
- No issues with urination or bowel movements
- No side effects from your medications

Provided by: \_\_\_\_\_



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## WHAT TO REMEMBER WHEN AT HOME

PATIENT NAME: \_\_\_\_\_

You are \_\_\_\_\_ weight bearing on your  **RIGHT**  **LEFT** leg

You have the following joint precautions:

\_\_\_\_\_

Place a pillow between your legs when lying down

Sit up out of bed as much as possible during the day

You can change the dressing to your incision  **YES**  **NO**

You can remove your surgical dressing on: \_\_\_\_\_

Apply the following dressing to your surgical incision:

\_\_\_\_\_

You can shower on: \_\_\_\_\_

You  **DO**  **DO NOT** need to cover your incision when showering.

You are to wear your compression hose until: \_\_\_\_\_

Use your Incentive Spirometer \_\_\_\_\_ times per hour while awake  
for \_\_\_\_\_ weeks

Check your temperature daily

Apply ice pack to \_\_\_\_\_ for 15–20 minutes,  
3–4 times a day as needed for pain and swelling

Your follow up appointment with your surgeon is: \_\_\_\_\_

PER: \_\_\_\_\_ PHYSICIAN'S ORDERS

THIS FORM WAS COMPLETED BY \_\_\_\_\_ ON THIS DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_