LARGE PRINT

# Surgery Recovery Tracker

*For hip and knee replacement, day by day*

Warning signs • home checklist • my details • 6-week daily log

Type in it on screen, or print as many copies as you like

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# Warning Signs

KEEP THIS PAGE WHERE YOU CAN SEE IT • AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS

Some pain with activity and at night is common for several weeks.
**These signs are not. Do not wait for your next appointment.**

## Possible infection: call your surgeon right away

- Fever that does not go away (higher than 100°F by mouth)
- Chills
- Wound getting more red, tender or swollen
- Drainage (fluid) coming from the wound
- Pain getting worse both when moving and at rest

## Possible blood clot in the leg: call your surgeon right away

- Pain in your calf that is getting worse
- Tenderness or redness above or below the knee
- New or increasing swelling in your calf, ankle and foot

## Possible clot in the lung: call 911 now

- Sudden shortness of breath
- Sudden chest pain
- Chest pain in one spot that gets worse when you cough

**NUMBERS TO CALL**

SURGEON'S OFFICE _____

AFTER HOURS _____

PHYSICAL THERAPIST _____

# Get the Home Ready

TICK EACH ONE BEFORE SURGERY DAY • WHAT HELPS IN THE FIRST WEEKS

## BATHROOM

- [ ] Safety bars or a secure handrail in the shower or bath
- [ ] A raised toilet seat with arms, if the toilet is low
- [ ] A shower chair or tub bench
- [ ] A long-handled sponge and a hand-held shower head

## STAIRS AND FLOORS

- [ ] Secure handrails along the stairs
- [ ] Loose rugs and cords taken up
- [ ] A night light from the bed to the bathroom
- [ ] A bed set up on the main floor, if stairs will be hard

## SITTING AND REACHING

- [ ] A stable chair with arms and a firm back
- [ ] A footstool to raise the leg
- [ ] A reacher or grabber, and a sock aid
- [ ] Everyday things moved to between waist and shoulder height

## GETTING AROUND

- [ ] Walker, crutches or cane ready, as your team advised
- [ ] A bag or basket that fits on the walker
- [ ] Someone to drive you, and to help for the first days
- [ ] Meals made ahead or delivered

A fall in the first weeks after surgery can damage the new joint (AAOS). Not medical advice.

# My Details

FILL IN BEFORE YOU GO HOME FROM THE HOSPITAL

NAME _____

SURGERY (HIP OR KNEE, LEFT OR RIGHT) _____

SURGERY DATE _____

SURGEON & PHONE _____

AFTER-HOURS NUMBER _____

PHYSICAL THERAPIST & PHONE _____

BLOOD THINNER: NAME, DOSE, UNTIL WHEN _____

## FOLLOW-UP APPOINTMENTS

| DATE & TIME | WITH | QUESTIONS TO ASK |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

## MY EXERCISES (FROM MY PHYSICAL THERAPIST)

| EXERCISE | HOW MANY | HOW OFTEN |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

# Daily Recovery Log

DAYS 1–14 AFTER SURGERY • PAGE 1 OF 3

| DAY | DATE | PAIN 0-10 | PAIN MEDICINE (TIMES) | EXERCISES AM / NOON / PM | WALKING FAR / LONG | WOUND OK? | SWELLING / NOTES |
|---|---|---|---|---|---|---|---|
| 1 | | | | ☐ ☐ ☐ | | ☐ | |
| 2 | | | | ☐ ☐ ☐ | | ☐ | |
| 3 | | | | ☐ ☐ ☐ | | ☐ | |
| 4 | | | | ☐ ☐ ☐ | | ☐ | |
| 5 | | | | ☐ ☐ ☐ | | ☐ | |
| 6 | | | | ☐ ☐ ☐ | | ☐ | |
| 7 | | | | ☐ ☐ ☐ | | ☐ | |
| 8 | | | | ☐ ☐ ☐ | | ☐ | |
| 9 | | | | ☐ ☐ ☐ | | ☐ | |
| 10 | | | | ☐ ☐ ☐ | | ☐ | |
| 11 | | | | ☐ ☐ ☐ | | ☐ | |
| 12 | | | | ☐ ☐ ☐ | | ☐ | |
| 13 | | | | ☐ ☐ ☐ | | ☐ | |
| 14 | | | | ☐ ☐ ☐ | | ☐ | |

Wound OK = dry, no new redness, swelling or drainage. If not, see the Warning Signs page.

Educational only, not medical advice. Follow the instructions from your surgeon and physical therapist. Free from ElderlyDaily.com

# Daily Recovery Log

DAYS 15–28 AFTER SURGERY • PAGE 2 OF 3

| DAY | DATE | PAIN 0-10 | PAIN MEDICINE (TIMES) | EXERCISES AM / NOON / PM | WALKING FAR / LONG | WOUND OK? | SWELLING / NOTES |
|---|---|---|---|---|---|---|---|
| 15 | | | | ☐ ☐ ☐ | | ☐ | |
| 16 | | | | ☐ ☐ ☐ | | ☐ | |
| 17 | | | | ☐ ☐ ☐ | | ☐ | |
| 18 | | | | ☐ ☐ ☐ | | ☐ | |
| 19 | | | | ☐ ☐ ☐ | | ☐ | |
| 20 | | | | ☐ ☐ ☐ | | ☐ | |
| 21 | | | | ☐ ☐ ☐ | | ☐ | |
| 22 | | | | ☐ ☐ ☐ | | ☐ | |
| 23 | | | | ☐ ☐ ☐ | | ☐ | |
| 24 | | | | ☐ ☐ ☐ | | ☐ | |
| 25 | | | | ☐ ☐ ☐ | | ☐ | |
| 26 | | | | ☐ ☐ ☐ | | ☐ | |
| 27 | | | | ☐ ☐ ☐ | | ☐ | |
| 28 | | | | ☐ ☐ ☐ | | ☐ | |

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# Daily Recovery Log

DAYS 29–42 AFTER SURGERY • PAGE 3 OF 3

| DAY | DATE | PAIN 0-10 | PAIN MEDICINE (TIMES) | EXERCISES AM / NOON / PM | WALKING FAR / LONG | WOUND OK? | SWELLING / NOTES |
|---|---|---|---|---|---|---|---|
| 29 | | | | ☐ ☐ ☐ | | ☐ | |
| 30 | | | | ☐ ☐ ☐ | | ☐ | |
| 31 | | | | ☐ ☐ ☐ | | ☐ | |
| 32 | | | | ☐ ☐ ☐ | | ☐ | |
| 33 | | | | ☐ ☐ ☐ | | ☐ | |
| 34 | | | | ☐ ☐ ☐ | | ☐ | |
| 35 | | | | ☐ ☐ ☐ | | ☐ | |
| 36 | | | | ☐ ☐ ☐ | | ☐ | |
| 37 | | | | ☐ ☐ ☐ | | ☐ | |
| 38 | | | | ☐ ☐ ☐ | | ☐ | |
| 39 | | | | ☐ ☐ ☐ | | ☐ | |
| 40 | | | | ☐ ☐ ☐ | | ☐ | |
| 41 | | | | ☐ ☐ ☐ | | ☐ | |
| 42 | | | | ☐ ☐ ☐ | | ☐ | |

Wound OK = dry, no new redness, swelling or drainage. If not, see the Warning Signs page.

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