

Total Joint Symptom Manager



Normal Symptoms:

- Pain that is controlled with medication, cold therapy and elevation
- Swelling and/or bruising that is controlled with cold therapy and/or when elevated and rested
- Stiffness that is lessened with home exercises and walking
- Mild nausea that improves with dietary modifications
 - Food with pain medications
 - Small light meals
 - Ginger ale



Call your surgeon's office if you notice the following symptoms:

- Drainage or bleeding from your incision *(if possible, upload picture into MyChart)*
- Worsening redness and/or heat around your incision
- More than one temperature greater than 101° in 24 hours
- Swelling that does not improve with elevation, rest and/or cold therapy
- Constipation for more than three days
- Uncontrolled nausea/vomiting
- Worsening calf pain
- Pain not controlled with pain medication, elevation and/or cold therapy
- A fall or injury to your surgical extremity



Immediately go to Emergency if you have:

- Chest Pain
- Shortness of breath at rest
- Mental status changes, including experiencing confusion
- Uncontrolled bleeding from your incision

For immediate medical attention call 911 or go to the nearest emergency department.

