



Every Day:

- ✓ Take your pain medicine (such as Tylenol, ibuprofen, etc.) until your doctor tells you to take them.
- ✓ Monitor your surgery site daily.

Zone Tool

How to use the Zone Tool:
 1. Read the instructions on the back of the Zone Tool.
 2. Use the Zone Tool to determine your Zone.

All Clear Zone..... This is the safety zone if you have:

- No signs or symptoms of infection.
- No fever (temperature less than 100.4°F).
- No redness, swelling, or drainage at the surgery site.

Warning Zone..... Call your doctor if you have:

- Signs or symptoms of infection.
- Fever (temperature 100.4°F or higher).
- Redness, swelling, or drainage at the surgery site.
- Trouble breathing or chest pain.

Medical Alert Zone Go to the Emergency Room or call 911 if you have:

- A seizure.
- Severe pain.