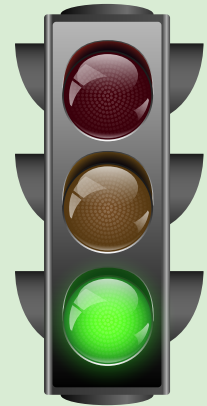


Green: Go - Things are OK if you experience:

Most patients experience some or all of the following:

- Small amount of redness around the surgery site that is not hot to the touch, splotchy, or streaking
- Minor constipation or minor appetite loss
- Upset stomach but still able to keep food down
- No fever or low fever (less than 101.5 F)
- Pain or stiffness
- Slight increase in numbness or tingling
- Sore throat or feeling like you have a lump in your throat (if you had cervical spine surgery)



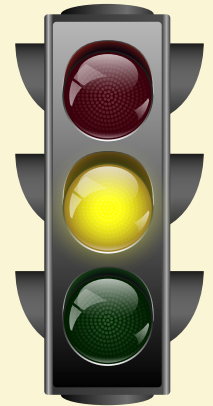
Daily action plan

- **Surgery site:** Continue to check daily. Site should get better each day. Keep covered if draining.
- **Constipation:** Take stool softeners as prescribed, drink lots of fluids, and eat high fiber foods.
- **Upset stomach:** Take pain medicine with food.
- **Low fever:** Use breathing tool, or take 10 deep breaths every hour.
- **Pain, stiffness, and swelling:** Use ice packs 3-5 times a day. Take pain medicines as prescribed. Walk and change positions frequently to prevent stiffness.



Yellow: Caution - Call your doctor if you experience:

- Any new drainage, worsening redness or swelling around the surgery site, or the surgical incision begins to pull apart
- Constipation that is not better with fiber, water, and stool softener and/or laxative medications
- Nausea, vomiting, or abdominal pain that is not getting better
- Fever greater than 101.5 F, with or without chills
- Pain unrelieved by rest and pain medications
- New pain, swelling, weakness, or numbness
- Feeling confused, or family thinks you seem confused
- Increased heart rate or heart palpitations
- Worsening of your preoperative symptoms



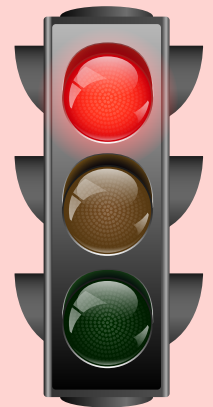
Action plan

Help is available for your urgent needs, even when the office is closed. Call your surgeon's office if:

- You have any of these symptoms
- You have any questions or concerns
- You go to the hospital

Red: Stop - Call 911 or go to the emergency room if you experience:

- Sudden numbness or weakness (especially on one side of the body)
- Sudden loss of balance
- Sudden, severe headache
- New shortness of breath or trouble breathing
- Pain in your chest, jaw, neck, back, or in one or both arms
- Not able to urinate, or loss of bowel or bladder control
- Extreme difficulty swallowing



Action plan

- Call 911 or go to the nearest Emergency Department
- Call your surgeon if you go to the hospital