

When to Call My Surgeon

- > Fever above 101°.
- > Uncontrolled shaking or chills.
- > Increased redness, heat, drainage or swelling in or around the incision.
- > Increased pain or significant decrease in motion during activity and at rest.
- > Increased swelling, pain or tenderness of the spine.
- > Abnormal bleeding of any kind, such as increased bleeding from the incision, nosebleed, blood in the urine, etc.
- > Swallowing problems or unexplained numbness/tingling in limbs.

Call 911 if You Experience:

- » **Severe Headache**
- » **Shortness of Breath or Unable to Swallow**
- » **Chest Pain**

Call Your Doctor Right Away:

- » **Trouble controlling your bowels or bladder.**
- » **New pain, weakness, or numbness in your arm or leg.**
- » **Fever greater than 101° F**
- » **Increased pain, redness, or drainage from incision.**
- » **Pain and swelling to calf.**

Glossary

Advance Directive - a legal document that allows you to spell out your decision about end-of-life care ahead of time.

CNA - Certified Nurse Assistant

Ileus - A bowel obstruction.

OT - Occupational Therapist

Oximeter - A medical device that monitors the oxygen saturation of a patient's blood through a meter that is placed on the finger.

PA - Physician Assistant

PACU - Post Anesthesia Care Unit. This is where patients recover for a brief period after surgery and before going to their room. You may not remember your time in this unit.

PCP - Primary Care Provider. This healthcare provider manages your medications/illnesses you may have outside of your orthopedic surgery.

PT - Physical Therapist

Rehabilitation - Treatment and exercises that enhance and restore functional ability and quality of life to those with physical impairments.

RN - Registered Nurse

Spirometer - A meter used to assess how well your lungs are working by measuring how much air is being inhaled and exhaled.

Vitals - Blood pressure, heart rate and temperature. They will be checked frequently while you are in the hospital.