



Patient Stoplight Chart

Hip Fracture



Place Patient Label with Barcode Here

How I Might Feel and What to Do:

Action Plan, What to do Every Day!

- Move around and do your exercises
- Check your wound for redness and bloody or foul smelling drainage
- Check the leg you had surgery on for swelling that is getting worse

Green Light: All Clear - This zone is your goal!

- You are able to complete your exercises and your ability to move around is getting better
- You feel well and do not have a fever
- Your wound is not draining and is not open in any areas
- Your pain is getting less and less

**Your symptoms are under control.
Go to your scheduled
Surgeon/Doctor/NP/Clinic appointments.**

Yellow Light: Caution - This zone is a warning!

- You have swelling that is getting worse
- Your pain is not getting better or is getting worse
- You feel tired a lot
- You are not able to move around more and more each day
- Your wound is draining bloody or foul smelling fluid or is getting redder and warmer to touch
- An area of your wound is coming open

**You may need to change your medicines or be seen by your Surgeon/Doctor/NP/Clinic.
Call your Surgeon/Doctor/NP/Clinic for instructions.**

Red Light: Emergency - This zone means act fast!

- Fever or chills (temperature above 38° Celsius)
- You have severe pain in the leg your had surgery on
- You are very very tired
- You have chest pain or shortness of breath
- You have pain in your calf area
- Your swelling is getting much worse
- The whole wound has come open

Call your Surgeon/Doctor/NP/Clinic today to report symptoms and request an appointment.

If you cannot get an appointment, go to your nearest Emergency Department.

*****CALL 911 if you are having chest pain*****