

Jason K. Lowry, MD FAAOS

FL2145921

T0188705



ARLINGTON ORTHOPEDIC  
ASSOCIATES, P.A.

LIFE IN FULL MOTION

<http://www.jasonlowrymd.com/>

<http://www.arlingtonortho.com/>

DATE:

**Dr. Lowry's Post-Op Instructions**  
**Percutaneous Screws for Femoral Neck Fracture**

Arlington Orthopedic Associates

800 Orthopedic Way

Arlington, TX 76015

p: (817) 375-5200

f: (817) 299-1789

2801 East Broad St

Mansfield, TX

76063 2001 N. MacArthur Blvd

Ste 630

Irving, TX 75061

**Patient:**

1. You will likely require discharge to an inpatient rehab or skilled nursing facility. There are many options locally from which to choose. Your case manager (social worker) will work with you & your family to find the best location to meet all your needs.
2. To decrease the risk of a blood clot, you will be given compression stockings & prescribed an either Xarelto 10mg PO QD or Lovenox 30mg SQ; both are to be used for four weeks.
3. To help your bones heal, you will be prescribed Vitamin D & Calcium supplements.
4. Staples, if present, should be removed in 14 days and steri strips (without mastisol) placed. You may have absorbable suture placed under the skin with skin glue/sealant.
5. Dressings: keep a sterile, island dressing (preferably an antibacterial material like Aquacel AG Surgical, Therabond, Primapore, etc) over all incisions for at least 2 weeks. These should NOT be changed unless there is >50% strike-through. If your facility does not have antibacterial dressings, then the next best option is to apply a thin layer of bacitracin ointment over the incision with each dressing change. Your nurse will educate you on proper dressing management.
6. Use your walker with only Toe-Touch Weight-Bearing on your leg for a minimum of 6 weeks. You will hurt the repair by walking on your leg too soon. **[PT instructions: TDWB w/ walker x 6wks; gait & transfer training]**
7. Please make an appointment to see me 30 days after your surgery. You should have XRays done prior to seeing me to include an AP pelvis & AP & frog lateral of the hip.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS