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Date:

Dr. Lowry's Post-Op Instructions

Left/Right Intramedullary Nail for Femur Fracture

Patient:

1. To decrease the risk of a blood clot, you will be given compression stockings & prescribed a daily aspirin; both are to be used for four weeks. If you are at higher risk of a blood clot, then you will be given Xarelto 10mg daily or Lovenox SQ daily x 4wks.
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements for a minimum of 3 months. Take as prescribed.
3. Your staples will be removed at your first clinic visit in 2 weeks.
4. Dressings: You may have 3-4 incisions at your hip & 2 just above the side of your knee. Please remove your dressings in 48 hours & shower only (no bathing), immediately dab your incisions dry, apply a thin layer of Neosporin (or other topical antibiotic ointment), & place a new bandage (island dressings or sterile 4x4s with tegaderm or paper tape). Again, no bathing for 4 wks after surgery.
5. Use your walker or crutches at all times & do not put any significant weight on your foot for at least 4 weeks: Toe-Touch Weight-Bearing on your leg for a minimum of 4 weeks. **[PT instructions: TDWB w/ GAD x 4wks; gait & transfer training; work on AROM & PROM of knee only]**
6. Please make an appointment to see me in 14 days after your surgery.

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

Sincerely,

A handwritten signature in purple ink, appearing to read "J. K. Lowry", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAAOS