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APPROACH:
• ANTERIOR
• LATERAL



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

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Dr. Lowry's Post-Op Instructions

Left/Right Hip Hemiarthroplasty for Femoral Neck Fracture

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 Xarelto 10mg PO daily or Lovenox SQ daily; both are to be used for four weeks.
3. To help your bones heal, you will be prescribed Vitamin D & Calcium supplements.
4. **If you have staples**, they should be removed in 2 weeks and steri strips placed (no mastisol). Otherwise, absorbable sutures will be placed under the skin, negating the need for removal.
5. Dressings: leave the aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks. Call if: >60% drainage OR the silicone seal is broken on the aquacel dressing. No bathing or swimming for 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, place a new bandage & replace the compression stockings. Wear a pair of spandex bike shorts. This will help keep your incision compressed & less likely to develop a hematoma (fluid collection that could cause wound complications or an infection).
6. Use your walker with full weight on your leg. You will not hurt the repair by walking on your leg. If I feel that your bone quality is poor OR if a fracture occurred during your surgery, then I may change your weight-bearing status accordingly.

[PT instructions: WBAT w/ walker; gait & transfer training; anterior hip precautions]

7. Your Physical Therapists will discuss "safe positions" for your operative leg to prevent the risk of dislocation. This is very important for you to follow for at least 3 months after your surgery.
8. ****Lateral Approach Only:** You will have an abduction brace/pillow to wear at all times while in bed x 4 weeks. You & your family will be educated on how to use it properly. NOT NEEDED WITH ANTERIOR APPROACH.
9. Please make an appointment to see me 30 days after your surgery.

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

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1