

phil h. berry, jr., m.d.
miguel a. hernandez, III, m.d.
ray f. aronowitz, m.d.
david a. heck, m.d.
zachary kelley, m.d.
alexander cho, m.d.
jason k. lowry, md
jon e. nathanson, d.p.m.



810 north zang blvd.
dallas, tx 75208-4233
telephone (214) 941-4243
fax (214) 941-1153

www.TheBoneDocs.com
www.jasonlowrymd.com

2800 east broad st, suite 510
mansfield, tx 76063
telephone (817) 453-3500
fax (817) 453-3520

Dr. Lowry's Post-Op Instructions

Total Hip Arthroplasty

Patient:

1. To decrease the risk of a blood clot, you will be given compression stockings & prescribed aspirin
 - a. ECASA 325mg T PO Qday x 3 wks
 - b. Knee-high compression hose x 4 wks
 - c. If you are at higher risk, then you will be given either Xarelto or Lovenox.
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements.
3. 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).
4. Use your walker x 4 weeks. It is very important for your balance & protecting your new hip. .
If I am concerned about weak bone OR you have a fracture during surgery, then I may change your weight-bearing status accordingly
5. Your Physical Therapists will educate you on the proper "safe positions" to decrease the risk of dislocation. These are to be followed for at least 3 months after your surgery.
6. You may be given an "abduction pillow" after surgery. This is to be worn while in bed x 4 weeks.
7. You may require either a formal transfer to an inpatient rehab hospital, skilled nursing facility or have Home Health services. Your Physical Therapist will determine this during your hospital stay & your case manager (Social Worker) will work with you & your family to find the best facility & agency that meets all of your needs, per my recommendations.
8. Please make an appointment within 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. Lowry", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAOS