

Jason K. Lowry, MD FAAOS

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ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

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

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

DATE:

Dr. Lowry's Post-Op Instructions
Left/Right Intramedullary Nail for Femur 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. 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,

Dr. Jason K. Lowry, MD FAAOS