

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](http://www.TheBoneDocs.com)  
[www.jasonlowrymd.com](http://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

Patient:

1. Dressings:
2. Keep your right/left upper/lower extremity elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your extremity. Remember: you can't elevate too much & gravity is your enemy.
3. Apply two properly sealed ice packs to your extremity for 72 hours after your surgery. Large zip lock bags or small plastic trash bags work the best. Place one under & the other over the area. The key is to not get your splint/dressings wet. If you do, please call our clinic immediately.
4. Other:
5. Please make an appointment to see me in 10-14 days after your surgery, at which time, we will exchange your splint for a cast which will be worn for an additional two weeks.

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

Sincerely,

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

Dr. Jason K. Lowry, MD FAOS