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ARLINGTON ORTHOPEDIC
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LIFE IN FULL MOTION

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DATE:

TOTAL HIP REVISION: LATERAL or POSTERIOR APPROACH

Last Revised: MAR 2015

Patient:

ACETABULUM
FEMUR
BOTH

1. To decrease the risk of a blood clot, you will be given compression stockings & prescribed:
 - A. ASA 81mg T PO Q12hrs x 4 wks
 - B. Knee-high compression hose x 4 wks
 - C. If you are at higher risk, then you will be given either a daily Xarelto or Lovenox x 4 wks
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. Do not submerge your hip incision x 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, then place a new band-aide.
4. Incision: If I feel that sutures or staples are more appropriate to close your incision, these will need to be removed in two weeks. Otherwise, sutures under the skin & "dermabond" (skin glue) are used & there will be nothing to remove.
5. Wear a pair of spandex bike shorts x 3 wks. 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 for at least 6 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 will change your weight-bearing status & the duration of your walker use accordingly**

Weight Bearing: <input type="checkbox"/> Toe-Touch <input type="checkbox"/> 50% <input type="checkbox"/> Full	Duration: <input type="checkbox"/> 6wks <input type="checkbox"/> 8wks <input type="checkbox"/> 12wks
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7. 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.
8. You may be given an "abduction pillow" after surgery. This is to be worn while in bed x 4 weeks.

9. If there are concerns for dislocation of your new hip, then an “Abduction Hip Orthotic” will be custom-fitted for you & you will wear this for a minimum of 8-10 weeks.
10. You may require transfer to an inpatient rehab hospital or a skilled nursing facility. 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 that meets all of your needs.
11. 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.

A handwritten signature in purple ink, appearing to read "J. K. Lowry".

Dr. Jason K. Lowry, MD FAAOS