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LIFE IN FULL MOTION

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Dr. Lowry's Post-Op Instructions
IMN Tibia Fracture

Left/Right

Open/Closed

1. Dressings: keep a sterile, island dressing over all incisions for at least 2 weeks. You will have several. Your first dressing change should be no sooner than 48hrs after your surgery. Apply a thin layer of bacitracin or neosporin antibiotic ointment over the incision with each dressing change. Your nurse will educate you on proper dressing management.
2. Keep your foot elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your leg/ankle/foot. Remember: you can't elevate your foot too much & gravity is your enemy.
3. Stretching of your achilles & active/active-assist range of motion of your ankle will prevent stiffness.
4. Apply two properly sealed ice packs to your knee/ankle/ leg for 72 hours after your surgery. Large zip lock bags or small plastic trash bags work the best. The key is to not get your dressings wet. If you do, please call our clinic immediately.
5. If you had an open fracture, you may be sent discharged home with antibiotics. Take all meds as written. See "pain protocol" on how to properly take your pain meds.
6. Use your crutches at all times. It's OK to gently place your foot on the ground for balance. Otherwise, do not put any significant weight on your foot. I will advance your weight bearing based on healing on your X-rays & quality of bone contact at the fracture site.
7. 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