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LIFE IN FULL MOTION

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DATE:

Dr. Lowry's Post-Op Instructions Open Core Decompression & Grafting for AVN :

Patient Name:

- HIP KNEE SHOULDER
- LEFT RIGHT

1. OK to remove your dressings in 48 hours & shower only. Immediately dab your incisions dry, place sterile 4x4s, apply a thin layer of Neosporin ointment and apply tape. For knees: replace the ace wrap up to the thigh. For hips: wear a pair of spandex bike shorts to keep the incision compressed x four weeks.
2. For hips & knees: 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. A "cryo cuff" or "polar care" unit may be sent home with you. Please discuss it's use with your nurse after surgery. It will decrease swelling & pain for the first 72 hours.
4. If you did not have a 'cryo cuff' sent home with you, then apply two properly sealed ice packs to your knee for 72 hours after your surgery.
5. Please refer to the exercises provided in your post-operative packet or you can refer to my website for more details: www.jasonlowrymd.com. Under the "Your Rehab" section.
6. Hip and Knee: progress as your pain dictates with **Toe-touch weight bearing using crutches** or a walker for at least 4-6 weeks.
7. Shoulder: wear the sling for comfort for at least 3 weeks.
8. You will start a formal physical therapy program AFTER your first post-op visit.
9. Please make an appointment to see me in 14 days.

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

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1