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DATE:

## Dr. Lowry's Post-Op Instructions

### **Open Core Decompression & Grafting for AVN :**

**Patient Name:**

- Hip
- Knee
- Shoulder

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. Stiffness is your enemy, so active & passive motion of the joint is the key. Please refer to the exercises provided in your post-operative packet or you can refer to my website for more details: [www.jasonlowrymd.com](http://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