

**Jason K. Lowry, MD FAAOS**

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**ARLINGTON ORTHOPEDIC  
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LIFE IN FULL MOTION

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**DATE:**

## **Dr. Lowry's Post-Op Instructions** **Percutaneous Core Decompression for AVN :**

**Patient Name:**

- Hip            Left
- Knee           Right
- Shoulder

1. OK to remove your dressings in 48 hours & shower only. Immediately dab your incisions dry, place medium band-aids & replace the ace wrap up to the thigh.
2. Keep your extremity elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling.
3. To help with the swelling, simply apply two properly sealed ice packs to your knee for 72 hours after your surgery.
4. 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/maintenance-exercises.html](http://www.jasonlowrymd.com/maintenance-exercises.html)
5. Hip and Knee: progress as your pain dictates with walking & using crutches x 3 weeks. A therapist or nurse will show you how to use the crutches prior to leaving our facility.
6. Shoulder: wear the sling for comfort for 2-3 weeks.
7. If you're walking without much discomfort & have no stiffness or weakness issues, then you likely will NOT need formal physical therapy. This will be determined at your first post-op visit.
8. 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