

phil h. berry, jr., m.d.
miguel a. hernandez, III, m.d.
ray f. aronowitz, m.d.
david a. heck, m.d.
zachary kelley, m.d.
alexander cho, m.d.
jason k. lowry, md
jon e. nathanson, d.p.m.



810 north zang blvd.
dallas, tx 75208-4233
telephone (214) 941-4243
fax (214) 941-1153

www.TheBoneDocs.com
www.jasonlowrymd.com

2800 east broad st, suite 510
mansfield, tx 76063
telephone (817) 453-3500
fax (817) 453-3520

DATE:

Dr. Lowry's Post-Op Instructions

Percutaneous Core Decompression for AVN :

Patient Name:

- Hip
- Knee
- 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 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.
6. Hip and Knee: progress as your pain dictates with walking & using crutches x 3 weeks.
7. Shoulder: wear the sling for comfort for 2-3 weeks.
8. 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.
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