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Dr. Lowry's Instructions for Home Health Agencies

Patient:

Procedure:

DX:

1. I appreciate & expect open lines of communication between your providers & my office.
 - i. Please call my office when my patients are seen for their initial intake to review/clarify the following instructions. **I expect the initial intake to be PRIOR to the date surgery date for all elective knee pts.**
 - b. Knee pts:
 - i. SN BIW x 3wks
 - ii. PT 4x/wk x 3wks (or meet protocol reqs to transition to outpt)
 - c. Hip pts:
 - i. SN BIW x 3wks
 - ii. PT 3x/wk x 3wks
2. DVT Prophylaxis:
 - a. ECASA 325mg PO QD x 21-30 days
 - i. Higher risk pts: Zarelto 10mg QD or Lovenox 30mg SQ QDay x 30 days (based on CrCl)
 - b. Knee-high TED Hose to bilateral LEs x 4wks (portable SCDs to bilateral LEs will be added once available in the future).
3. Bone Health: all of my patients will be on Calcium & Vit D.
 - a. Calcium w/ D 500 SIG: T PO TID x 90 Days & Vit D2 50,000 IUs SIG: T PO Qwk x 6wks
4. Dressings:
 - a. For THAs, TKAs, & UKAs: Aquacel dressing is to NOT be changed until 14 days post-op in my office. This is water-proof & pts can shower with it on (but no baths). Call the office if: >60% saturated or the silicone seal is broken. ** I also recommend the hip patients to wear spandex-type biker shorts for two weeks to help with compression (decreases edema) around the hip. **
 - b. As a general rule, knee replacement pts will have staples to remove in 2 wks in my office and hip pts will have absorbable sutures within the subQ with an overlying dermabond sealant.
5. Activity: Weight-bearing status will be tailored to each patient. Below are my general rules:
 - a. Primary UKAs/TKAs/THAs: WBAT with walker; Anterior hip precautions x 6wks
 - b. Revision TKA or THA: TDWB with walker for 8wks
6. Clinic appointment: generally **14 days after date of surgery**, unless otherwise specified. Please call & confirm this appointment with my clinic. The patient will need XRays done prior to their appointment.

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

Sincerely,

Dr. Jason K. Lowry, MD FAOS