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Dr. Lowry's Post-Op Instructions

Hip Antibiotic Spacer for Infection Lateral Approach

1. To decrease the risk of a blood clot, you will be prescribed:
 - a. ECASA 81mg T PO BID Qday x 4 wks. If you are at higher risk, then you will be given either Xarelto or Lovenox.
 - b. Knee-high compression hose x 4 wks
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium.
3. Dressings: leave the aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks. Call if: >60% drainage OR the silicone seal is broken on the aquacel dressing. No bathing or swimming for 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, place a new bandage & replace the compression stockings. Wear a pair of spandex bike shorts. This will help keep your incision compressed & less likely to develop a hematoma (fluid collection that could cause wound complications or an infection).
4. Your Physical Therapists will educate you on the proper "safe positions" to decrease the risk of dislocation. These are to be followed for at least 3 months after your surgery.
5. You will be given an "abduction pillow" after surgery. This is to be worn in bed x 4 weeks.
6. Most patients have Home Health Nursing & Physical Therapy arranged for discharge home. However, you may require either a formal transfer to an inpatient rehab hospital or skilled nursing facility. Your Physical Therapist will determine this during your hospital stay & your case manager (Social Worker) will work with you & your family to find the best facility & agency that meets all of your needs, per my recommendations.
7. Please make an appointment within 14 days after your surgery.
8. Use your walker for **Partial Weight-Bearing** on your operative leg. The antibiotic spacer is not strong enough (nor is the infected bone) to hold your body weight. **If I am concerned about weak bone OR you have a fracture during surgery, then I may change your weight-bearing status accordingly**
9. Your antibiotics will be managed by your infectious disease physician, usually for 6 weeks via a "PICC Line".
10. We will plan for re-implantation of your new hip in 8 weeks, if your infection labs improve. If you have any other questions or concerns please call my clinic.

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