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Dr. Lowry's Post-Op Instructions

Intramedullary Nail for Peritrochanteric Hip Fracture

Patient:

1. You will likely require discharge to an inpatient rehab or skilled nursing facility. There are many options locally from which to choose. Your case manager (social worker) will work with you & your family to find the best location to meet all your needs.
2. To decrease the risk of a blood clot, you will be given compression stockings & prescribed either Xarelto 10mg or an injection of Lovenox 30mg SQ; both are to be used for four weeks.
3. To help your bones heal, you will be prescribed Vitamin D & Calcium supplements.
4. Staples, if present, should be removed in 14 days and steri strips (without mastisol) placed. You may have absorbable suture placed under the skin with skin glue/sealant.
5. Dressings: keep a sterile, island dressing (preferably an antibacterial material like Aquacel AG Surgical, Therabond, Primapore, etc) over all incisions for at least 2 weeks. These should NOT be changed unless there is >50% strike-through. If your facility does not have antibacterial dressings, then the next best option is to apply a thin layer of bacitracin ointment over the incision with each dressing change. Your nurse will educate you on proper dressing management. Usually three incisions will be present.
6. Use your walker with only Toe-Touch Weight-Bearing on your leg for a minimum of 6 weeks. You will hurt the repair by walking on your leg too soon.
[PT instructions: TDWB w/ walker x 6wks; gait & transfer training]
7. Please make an appointment to see me 30 days after your surgery. You should have XRays done prior to seeing me to include an AP pelvis & AP & lateral of the entire operative femur.

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

Sincerely,

A handwritten signature in purple ink, appearing to read "J. Lowry", is written over a light blue horizontal line.

Dr. Jason K. Lowry, MD FAAOS