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Dr. Lowry's Post-Op Instructions Knee Antibiotic Spacer for Infection

Patient:

1. To decrease the risk of a blood clot, you will be given compression stockings & prescribed aspirin
 - a. ECASA 325mg T PO Qday x 3 wks
 - b. Knee-high compression hose x 4 wks
 - c. If you are at higher risk, then you will be given either Xarelto or Lovenox.
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements.
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.
4. You will also have a "cryo cuff" or "polar care" placed over your dressings. This is a device that circulates cold water around the knee to keep down the initial swelling & pain after surgery. Your nurse will instruct you & your family on how to properly use it. **NEVER PLACE IT DIRECTLY ONTO YOUR SKIN. THIS WILL CAUSE BURNS.** If you are not given one of these devices, then simply apply two properly sealed ice packs to your knee for 72 hours after your surgery.
5. Use your crutches or 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.
6. Gaining full extension of your knee is critical right after your surgery. **PLEASE AVOID PLACING ANY PILLOW UNDER YOUR KNEE.** To address this, you will be placed into a knee immobilizer, which keeps your knee straight. This is to be worn for at least 3 weeks or until your incisions have completely healed.
7. Your antibiotics will be managed by your infectious disease physician, usually for 6 weeks.
8. We will plan for re-implantation of your new knee replacement in 8 weeks.
9. Please make an appointment within 14 days after your surgery.

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

Sincerely,

A handwritten signature in blue ink, appearing to read "J. Lowry", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAAOS