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Dr. Lowry's Post-Op Instructions Patellofemoral ("Partial") Knee Arthroplasty - Left

Patient: Mrs. Laura Ruby

1. To decrease the risk of a blood clot, you will be given knee-high compression stockings & prescribed a daily Xarelto; both are to be used for four weeks.
2. You will be given an "AQUACEL" dressing that is water proof, therefore is to be worn when showering (no bathing). It will be removed in my office at your first clinic visit. Call if the silicone seal breaks OR if >60% saturation of dressing.
3. Please keep the compressive ace wrap and/or compression stockings on your leg. These will dramatically decrease the swelling and risk of blood clots after surgery.
4. You will also have a "polar care" placed over your dressings. This is a device that circulates cold water around the knee to keep down the initial swelling after surgery. Your nurse will instruct you & your family on how to properly use it. 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 with full weight on your leg. You will not hurt the repair by walking on your leg.
6. Please perform the exercises provided to you by your Physical Therapist at home 3 times/day for 15-20 minutes each. You will start outpatient or home health physical therapy right away: 3 days/wk for up to 12 wks.
7. Please make an appointment within 10-14 days after your surgery.

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

Sincerely,

A handwritten signature in purple ink, appearing to read "J. Lowry".

Dr. Jason K. Lowry, MD FAAOS