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Date:

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

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
2. Dressings: please remove the ace wraps in 48 hours & shower only (no bathing), leaving the aquacel dressing on (it's waterproof). Replace the compression stockings after each shower. The aquacel dressing 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.
3. 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. Wear x 48 hrs while you have your initial dressings on. Then, use it 2-3x/day x 45 mins each use. ALWAYS have your knee covered. Do not place the polar care directly on your skin as it may cause skin damage. (Use two properly sealed ice packs to your knee in the same manner if you are not given one a polar care device.)
4. Use your walker with full weight on your leg. You will not hurt the repair by walking on your leg.
5. Please perform the exercises provided to you by your Physical Therapist at home 3 times/day for 15-20 minutes each. You will start home health physical therapy [4x/wk] right away.
6. Knee brace: is only needed until the strength in your quad muscles improves; generally 24-48hrs. The effects of the nerve block will weaken your muscles & put you at risk for falls during this time. You will be educated on how to operate your brace.
7. 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".

Dr. Jason K. Lowry, MD FAOS