

phil h. berry, jr., m.d.
miguel a. hernandez, III, m.d.
ray f. aronowitz, m.d.
david a. heck, m.d.
zachary kelley, m.d.
alexander cho, m.d.
jason k. lowry, md
jon e. nathanson, d.p.m.



810 north zang blvd.
dallas, tx 75208-4233
telephone (214) 941-4243
fax (214) 941-1153

www.TheBoneDocs.com
www.jasonlowrymd.com

2800 east broad st, suite 510
mansfield, tx 76063
telephone (817) 453-3500
fax (817) 453-3500

DATE:

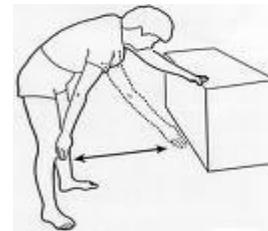
Dr. Lowry's Post-Op Instructions

Left/Right Proximal Humerus Frx:

- ORIF (Plate/Screws)
- IM Nail
- Reverse Shoulder Replacement
- Hemiarthroplasty (Partial Replacement)

Patient:

1. 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 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. If you were treated with an IM nail, then change your dressings similar to the drain site dressings above.
2. Wear the cold cuff for 72 hours. Be sure to remove it at least three times for at least 30 minute intervals. Also, ask you nurse after surgery about instructions using it. If you are NOT given one of these devices, apply a well-sealed ice pack to your shoulder.
3. Stay in your sling at all times other than showering. You need to perform active motion of your elbow, wrist & hand out of the sling at least twice a day. Sling x 6 weeks.
4. Staples, if present, should be removed in 14 days and steri strips (without mastisol) placed in my office. You may have absorbable suture placed under the skin with skin glue/sealant.
5. You will be given a follow-up with Physical Therapy after your first clinic visit. Below are the only exercises I want you to do (out of your sling) at home after the 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