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## Dr. Lowry's Post-Op Instructions

### Total Hip Revision

#### Patient:

1. To decrease the risk of a blood clot, you will be given knee-high compression stockings & prescribed a daily aspirin; both are to be used for four weeks. If you are at higher risk of a blood clot, then you will be given either Xarelto tablet or Lovenox SQ Injection x 4-6wks.
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements.
3. Dressings: preferably an antibacterial, waterproof material like Aquacel AG will be used for at least 2 weeks. **Call the office if: there is >50% strike-through or silicone seal breaks.** This is to be left on for two weeks & will be changed in the office. 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. **\*\*Ideally, an Aquacel dressing only requires removal after fourteen days in my office &, thus, you can shower with it on (no bathing).\*\***
4. Weight Bearing: depending on the quality of your bone during surgery or the complexity of the case, I may require you to be non-weight bearing for three months. You will need to use a walker and/or wheelchair for that length of time. You will hurt the repair by walking on your leg too soon. If this is a simple poly-liner exchange, then you possibly will be allowed to put full weight on your leg right after surgery.
5. Hip Precautions: depending on which approach was utilized, you will have precautions for 6 wks. This will be outlined by your Physical Therapist while in the hospital. In general, the direct anterior approach will be used for most poly-liner exchanges and some acetabular revisions. Otherwise, the bulk of revision cases are performed via the direct lateral or posterior approach. You will need to wear an abduction pillow between your knees while in bed x 4 wks after having either the posterior or lateral approach surgery.
6. 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 blue ink, appearing to read "J. K. Lowry".

Dr. Jason K. Lowry, MD FAAOS