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Dr. Lowry's Post-Op Instructions

Total Knee Arthroplasty

Patient:

- To decrease the risk of a blood clot, you will be given compression stockings & prescribed aspirin
 - ECASA 325mg T PO Qday x 3 wks
 - Knee-high compression hose x 4 wks
 - If you are at higher risk, then you will be given either Xarelto or Lovenox.
- To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements.
- 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.
- 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 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.
- Use your crutches or walker with full weight on your leg. You will not hurt your new knee by walking on your leg. Please perform the exercises provided to you by your Physical Therapist at home 3 times/day for 15-20 minutes each. You will start physical therapy right away at either a rehab facility, skilled nursing facility or at home.
- Gaining full extension of your knee is critical right after your surgery. **PLEASE AVOID PLACING ANY PILLOW UNDER YOUR KNEE.** A pillow under your knee may feel better, BUT it comes at a cost: you can lose extension, develop a flexion contracture & may need either a manipulation or another surgery.
- 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 purple ink, appearing to read "J. K. Lowry".

Dr. Jason K. Lowry, MD FAAOS