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Dr. Lowry's Post-Op Instructions

Total Knee Revision

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 & pain 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 surgery.
- Use your crutches or walker with full weight on your leg. If I have concerns about weak bone/construct, then I may modify your weight bearing to "Toe Touch" x 6wks. 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