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Dr. Lowry's Post-Op Instructions

Total Hip Arthroplasty-Anterolateral

Patient:

1. To decrease the risk of a blood clot, you will be given thigh-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 an injectable of either Arixtra SQ or Lovenox SQ x 4 weeks.
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements.
3. Dressings: keep a sterile, island dressing (preferably an antibacterial material like Aquacel AG Surgical, Therabond, Primapore, etc) over all incisions for at least 2 weeks. **Do NOT change unless there is >50% strike-through.** 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 requires only ONE change after seven days & you can shower with it on.**
4. There will NOT be any sutures to remove.
5. Use your walker with full weight on your leg. You will not hurt your new hip by walking on your leg. ****If I am concerned about weak bone OR you have a fracture during surgery, then I may change your weight-bearing status accordingly****
6. Your Physical Therapists will educate you on the proper "safe positions" to decrease the risk of dislocation. These are to be followed for at least 3 months after your surgery.
7. You may be given an "abduction pillow" after surgery. This is to be worn while in bed x 4 weeks.
8. You may require either a formal transfer to an inpatient rehab hospital or a skilled nursing facility. Your Physical Therapist will determine this during your hospital stay & your case manager (Social Worker) will work with you & your family to find the best facility that meets all of your needs.
9. Most patients do NOT need a formal therapy program right away. You simply need to work on walking with the support of the walker for 3-4 weeks & work on sit-to-stand exercises. I will determine if you need a formal Physical Therapy program at your first clinic visit.
10. Please make an appointment to see me in 30 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", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAOS