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Dr. Lowry's Post-Op Instructions

Total Hip Arthroplasty - Direct Anterior

Patient:

1. To decrease the risk of a blood clot, you will be given compression stockings & prescribed a twice 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: shower only (no bathing), leaving the aquacel dressing on (it's waterproof) for 7-10 days. Then, remove the aquacel dressing & apply an "island dressing" each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, place a new bandage & replace the compression stockings. Again, no bathing or swimming for 4 wks after surgery. Wear a pair of spandex bike shorts. This will help keep your incision compressed & less likely to develop a hematoma (fluid collection that could cause wound complications or an infection).
4. There will NOT be any sutures to remove.
5. Use your walker x 4 weeks. It is very important for your balance & protecting your new hip. Your weight bearing may be adjusted based on the quality of your bone during surgery.
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. I do recommend you place a pillow under the knee of your operative hip when in bed or a chair x 4 weeks after your surgery. This encourages the front of your hip joint to "tighten-up" as you recover in hopes to further decrease the risk of instability after your hip replacement.
8. 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 4 weeks & work on sit-to-stand exercises. I will determine if you need a formal Physical Therapy program at your first clinic visit.
9. Please make an appointment to see me in 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. Lowry", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAAOS