

phil h. berry, jr., m.d.  
miguel a. hernandez, III, m.d.  
ray f. aronowitz, m.d.  
david a. heck, m.d.  
zachary kelley, m.d.  
alexander cho, m.d.  
jason k. lowry, md  
jon e. nathanson, d.p.m.



810 north zang blvd.  
dallas, tx 75208-4233  
telephone (214) 941-4243  
fax (214) 941-1153

www.TheBoneDocs.com  
www.jasonlowrymd.com

2800 east broad st, suite 510  
mansfield, tx 76063  
telephone (817) 453-3500  
fax (817) 453-3520

## 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 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. 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 2-3 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 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 FAAOS