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LIFE IN FULL MOTION

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## **Dr. Lowry's Post-Op Instructions**

### **TOTAL HIP ARTHROPLASTY - LATERAL or POSTERIOR APPROACH**

1. To decrease the risk of a blood clot, you will be prescribed:
  - a. ECASA 81mg T PO BID Qday x 4 wks. If you are at higher risk, then you will be given either Xarelto or Lovenox.
  - b. Knee-high compression hose x 4 wks
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium.
3. 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. 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. Use your walker x 4 weeks. It is very important for your balance & protecting your new hip. . \*\*If I am concerned about weak bone OR you have a fracture during surgery, then I may change your weight-bearing status accordingly\*\* You will transition to a cane per your therapist's instruction.
5. 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.
6. You may be given an "abduction pillow" after surgery. This is to be worn in bed x 4 weeks.
7. Most patients have Home Health Nursing & Physical Therapy arranged for discharge home. However, you may require either a formal transfer to an inpatient rehab hospital or 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 & agency that meets all of your needs, per my recommendations.
8. Please make an appointment within 14 days after your surgery.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1