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Dr. Lowry's Post-Op Instructions **Unicompartmental ("Partial") Knee Arthroplasty**

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.
2. OK to remove your dressings in 48 hours & shower only (no bathing). Immediately dab your incision dry, place a new bandage & replace the compression stocking up to the thigh.
3. 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 after surgery. Your nurse will instruct you & your family on how to properly use it. IF you are not given one of these devices, then simply apply two properly sealed ice packs to your knee for 72 hours after your surgery.
4. Please keep the compressive ace wrap and/or compression stockings on your leg. These will dramatically decrease the swelling and risk of blood clots after surgery.
5. Use your crutches or walker with full weight on your leg. You will not hurt the repair by walking on your leg.
6. Please perform the exercises provided to you by your Physical Therapist at home 3 times/day for 15-20 minutes each. You will start outpatient or home health physical therapy right away
7. Your brace should be locked in full extension (out straight) while sleeping at night & when seated in a chair. You will be educated on how to operate your brace.
8. Please make an appointment within 10-14 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