

Post-Op Instructions

1. Your first post-operative appointment made prior to surgery, should be scheduled 3 days to 1 week from the day of surgery unless requested differently by Dr. Lowe, or if a complication occurs and an appointment is necessary before that time.

2. The first one to three post-operative visits will normally be with one of Dr. Lowe's assistant's. At that time, your incisions will be checked, assess your pain level, range of motion, any swelling that may be apparent, and answer any questions. Our office is in constant communication with Dr. Lowe for any cases that may require any special attention or need.

3. Knee Surgery:

a. CPM- (If Applicable) The CPM machine is to be used four to six hours a day procedure. Please follow the range of motion guidelines. If this becomes too painful, the flexion can be decreased until tolerable. This machine will be used for up to two weeks and will be collected by a representative from your home.

b. Brace- (If Applicable) The I-ROM brace locked in extension at ALL TIMES when out of the CPM. The range of motion will be increased by our office or your therapist as strength, pain, swelling, and healing allow.

c. Crutches – (If Applicable) Weight bearing status will be determined based on the type of surgery you have. The crutches maintain a normal walking pattern by adding stability and balance assistance.

4. Shoulder Surgery:

a. Either a sling or an immobilizer will be used following surgery depending on the type and/or severity of the procedure.

5. Medication will be provided as needed. The medicines that may be issued for use are a pain medication and a sleep aid. These medications should be taken when necessary and you should not drive or operate heavy machinery while taking these pills. All medications should be taken on a full stomach.

6. Dressings should **NOT** be touched. They may appear or feel tight, but only the ace wrap can be loosened. The dressing will be changes on the initial post-op visit and thereafter if necessary.

7. Unless told to you otherwise by Dr. Lowe or one of his staff, the incisions **CAN NOT** be exposed to water due to the risk of infection. The stitches will be removed two weeks from the surgery. At that time, if healing promotes, the incisions can be exposed to water. Certain procedures do allow for exposure to water before the two week mark. You will be apprised of this at your first post-op visit.

8. Bruising (If Applicable) may occur. With knee surgery, the lower leg may become discolored and the calf area swollen, this is normal. With shoulder or elbow surgery, there may also be a noted discolored area. Again, this is normal.

9. Ice is suggested for the first 48 hours post-op. Then, two times a day for approximately 15-20 minutes at a time anywhere from three to five times a day as needed. Always use ice following physical therapy for comfort.

10. For complications or emergency situations following surgery call 713-986-5590 or toll free at 1-800-210-0088. If the situation becomes critical, please take appropriate measures by dialing your local 911.

11. Physical Therapy is an important component to your full recovery. You need to attend your first session the day after surgery if at all possible. Certain procedures may delay you starting therapy. Your therapy requirements will be relayed to someone in your party after your procedure is complete and Dr. Lowe knows what he wants you to do. Your prescription for therapy will be faxed to the facility of your choice the day of your surgery.

- For all surgical knee patients:
 - ✓ Lovenox injections will be given to those patients who:
 - History of deep vein thrombosis
 - Previous leg surgery
 - Women taking birth control or hormones
 - Anyone considered obese or over the age of 61
- Lovenox is an anticoagulant given in a series of one shot for three consecutive days following surgery to prevent any medical problems possible with the above risks.