

**DR. JAMES LOWE'S LOWER EXTREMITY WOUND CARE & COMPRESSION INSTRUCTIONS**

**Days 2-5:** Leave the splint or soft dressing in place as instructed by Dr. Lowe. In most cases, you can remove the splint or dressing on the second day after surgery. Until told to remove your splint, shower daily with extremity covered with a plastic bag and tape to keep dry. It is OK if the splint or dressing gets a little wet.

**With permission,** remove the splint and clean wounds on the day you are instructed. It is best to clean wounds in the shower with soap and water, and avoid bathing or submerging the extremity. After cleaning the wound blot dry and apply a light dressing or Ace wrap. Avoid antibiotic ointment unless instructed otherwise by the surgeon. If medical glue or tape has been applied to your wound there is very little care or dressing required.

It is essential to elevate the operated extremity above the level of the heart as much as possible for the first 48 hours and frequently for at least one week. At night place the extremity on two pillows and during the day keep the lower extremity elevated on a chair or odium while sitting. Splints are usually uncomfortable, but you may loosen the splint by cutting sections of the wrap if not tolerable. Notify the physician if pain is severe and not controlled by medications. The swelling and discoloration peaks the third day and usually decreases over the next two weeks.

**Days 5-7:** If the wound is not covered you may begin to wear a light dressing and an Ace wrap or compression stocking to control swelling. Avoid antibiotic ointments to wound unless instructed otherwise. Vaseline can be applied to extremely dry areas sparingly once or twice a week. Continue to wash your wounds daily. Limit activity and elevate when possible.

**Weeks 2-4:** One half or all the sutures will usually be removed from the extremity in clinic if indicated. Continue to compress the lower extremity as you become more active. The compression stockings will assist with compression in many cases, but wrapping with Coban or Ace is adequate. The swelling and discoloration around wound should be decreased.

**Weeks 4-6:** Wound should be almost healed. Apply other products such as Mederma, Silicone Sheeting, or Silicone Gel for the next several months or longer as instructed to decrease scarring. The longer you use these products after surgery, the better the final appearance of your scar. Apply Cetaphil, Neutrogena, or other over-the-counter moisturizer to wound site and massage the area two or three times a week when possible if the wound is fully healed.

**Months 3-6:** The scar will be re-evaluated at this time. Usually, scar revisions will not be preformed until six to twelve months after the last surgery, if needed.

**STRENUOUS ACTIVITY AND HEAVY LIFTING IS TO BE AVOIDED FOR AT LEAST 3-4 WEEKS. DIRECT SUN CONTACT ON THE SURGICAL SITE IS TO BE AVOIDED FOR 6-12 MONTHS. PLEASE USE A SUN SCREEN – SPF 25 OR GREATER WHEN IN THE SUN.**

**\*Call the office you have any questions or concerns, or if you are having any signs or symptoms of infection (redness, fever, or drainage). (405) 942-4300**

JBL/jbl.

**PATIENT INFORMATION: GRADIENT COMPRESSION STOCKINGS**  
**(JOBST OR EQUIVALENT PRODUCT)**

**To whom it may concern:**

Dr. Lowe feels that you may benefit from compression stockings either before or after medical treatment. These stockings in no way are mandatory, but Dr. Lowe believes they would significantly assist with your recovery and downtime. Dr. Lowe is aware that there are a number of compression stockings available to the public. Many local vendors no longer provide or fit patients for compression stockings due to decreases in reimbursement and demand. Many patients elect to utilize the internet to obtain their compression stockings instead of a local vendor. The choice is yours to make!

Dr. Lowe will usually provide you with a physician Prescription Form with diagnosis to present to a potential vendor. He prefers "Jobst" gradient compression stockings, but any medical stocking that meets the criteria below would suffice. Local and internet vendors in most cases no longer accept payment directly from insurance. Arguing with the vendor in most cases is not productive. Currently, most patients purchase the stockings and other supplies on their own.

Dr. Lowe does not sell the gradient compression stockings. He does not recommend any one vendor in town over the other. Over the years patients have complained about poor service, price, and quality of local vendors. Nevertheless, our experience with local companies has in general been good. Dr. Lowe recommends you obtain:

**Company:** Jobst Gradient Compression Stockings

**Ready to Wear:** Lower extremity hose

**Compression:** 15-20 or 20-30

**Style:** Knee High, Open toe, prefers posterior zipper when available

**Side:** Left & Right

**Number:** 1 Pair

**Linens:** 2 (patient charge expected / not always available)

In Dr. Lowe's opinion you have a medical condition that requires long term medical compression with a Jobst Gradient Compression or an equivalent product. If you have already undergone surgery on the lower extremity, simply measure the opposite leg for reference. In most cases, patients fitting themselves should slightly oversize the ready to wear devices. This is better than fitting them so tight that patients will not wear them consistently. The stockings are usually needed for several months after surgery. Patients that require chronic use should expect to replace old hose every 4-6 months depending on usage.

If you have any questions regarding the patient's condition or the fitting process please feel free to contact us in the future. My office number is (405) 942-4300 and my patient coordinator will be happy to assist you. Go to <http://www.jobst-usa.com> for information on local vendors or simple search the internet for medical gradient stockings for online purchases or local vendor at: <https://www.google.com>. Remember the medical hose must be "fitted" by you or the vendor prior to purchase to ensure proper fit.

Warmest regards,

James B. Lowe, MD, FACS

Board Certified by American Board of Plastic Surgery & Surgery