

Hip Arthroscopy Post-Operative Care

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Dressing Care

- Do NOT get the bandage wet.
- Remove the bandages and dressings (**not the white steri-strips**) after days.
- Leave the white steri-strips on the skin until they fall off on their own. You may place band-aids over the small wounds.
- You may notice some drainage from the wound, this is normal. If this persists more than five days please call the office as a precaution (this can still be normal)
- If you have visible stitches on the skin, **do not get the wounds wet until you follow-up with your doctor**; otherwise, on the 2nd or 3rd day you may shower and let the water run over the wound, do not scrub the wound, just blot it dry. (No baths, pools, or hot tubs until told.)
- Some swelling or bruising around the hip or leg is expected and can last up to several weeks.
- Low-grade temperatures up to 101 are common after surgery, please call if temperature rises above 101.4.

Ambulation and Movement

- You will continue **touch toe weight bearing with crutches** on the operative leg for 4 weeks from the day of surgery.
- Use ice for the first 24-36 hours, you may leave ice over the bandage as long as you feel comfortable (recommend at least 20 min./hour).
- **Do not place ice or ice pack in direct contact with skin**
- As you increase your activities you may notice some increased discomfort or swelling in your hip- this will require you to decrease your activities and elevate your leg.

Hip Arthroscopy Post-Operative Care (continued)

Medications

- **Pain medication:** You will have received a prescription for pain medication. Do not operate machinery or drive while taking this medication. May cause nausea or vomiting.
- **Naproxen:** Used to prevent calcification of the soft tissues after surgery.
 - On the morning after your surgery, please begin taking over-the-counter Naproxen 500mg twice daily for 3 weeks after surgery. This may upset your stomach, take it with food.
- **Vistaril or Compazine:** Take as directed for any nausea associated with the pain medication.
- **Aspirin:** If you have been advised specifically by your surgeon to take aspirin after your surgery, please begin over-the-counter Aspirin 81 mg twice daily for 4 weeks following your operation to prevent blood clots. Start on the morning after your surgery.
- Take your medications as prescribed.
- Any severe itching, hives or difficulty breathing, please call immediately.

Exercise

- Please continue use of the CPM (continuous passive motion) machine as instructed. Start at 0-30 degrees and advance to 0-90 degrees as tolerated (approximately 10 degree increase per day)
- CPM motion should be set from 0-90 degrees of flexion.
- Range of motion on the operative leg is restricted to 90 degrees of hip flexion until further instructed by your surgeon.

Physical Therapy

- On your first visit after surgery you may be given a prescription for physical therapy if not already done so.

Return Visit

- If you do not already have a scheduled post-operative visit, please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.