

Post Op Hip Arthroscopy Instructions

Instructions

Activity Level: You will be non weight-bearing on the operative leg.

(Labral Repair 0-3 weeks....Micro-fracture 0-6 weeks)

Labral tissue is slow to heal and requires protection. If pain or swelling increases at any stage, decrease activity until resolved.

Medications: Take one 325 mg aspirin each day, beginning the day after surgery for 6 weeks to help prevent blood clots. If you are already taking a blood thinning medication like Coumadin (Warfarin) or clopidogrel (Plavix), you do not need to take the aspirin (unless otherwise instructed by your physician).

You can resume your regular medication unless directed otherwise. You may use Tylenol, Motrin or other over the counter medications to help with pain. Narcotic pain medication may have been prescribed. Please take these post-operative pain medications as prescribed on the bottle. Do not take on an empty stomach. Guard against constipation by taking a stool softener (see separate constipation protocol). If you are having difficulty controlling your pain with the prescription you have been provided, please contact our office.

Ice:

Apply ice packs to the hip for 15 minutes at a time. Place a washcloth on the skin/dressing first, then ice the hip 3 times a day as needed for swelling or discomfort. Do not place ice directly on the skin. Some swelling and bruising at the surgical site is to be expected.

Dressing:

Keep your dressing clean and dry. A small amount of bloody drainage on the bandage is to be expected. If you are concerned that it is excessive or needs changing, call the office. The dressing can be removed 72 hours after surgery. If the wounds are dry, you do not need to cover them. If there is a small amount of drainage, cover the incisions with band aids. Do not use Neosporin or other ointments on the incisions. Leave the sutures in place until your office visit.

Showering:

After 72 hours, you may shower. Prior to that, you may sponge bathe only. Do not soak your hip in water or stand in direct stream of water for a minimum of 2 weeks, so no baths, hot tubs, swimming, etc.

Diet:

Start with a liquid and soft diet the day of surgery. The next day you may advance your diet as tolerated. Fresh fruits and vegetables are important to prevent constipation.

Deep Breathing Exercises:

- It is important that you do coughing and deep breathing as instructed to keep your lungs open while you heal. If you do not practice deep breathing and coughing after surgery you may develop lung problems or pneumonia.
- To perform deep breathing exercises, take a slow, deep breath in through your nose. Hold your breath for 2-5 seconds, and then gently and slowly breathe out through your mouth with pursed lips (like blowing out a candle). REPEAT 10-15 times every ½ hour while awake.

DO NOT Drive, operate hazardous machinery, drink alcoholic beverages, or make important personal or business decisions for at least 24 hours after surgery, or while taking your pain medication.

Exercises:

You are non weight-bearing for several weeks. Physical Therapy will begin at 2 weeks post op.

Report these signs immediately to your doctor:

Excessive swelling/redness around your incisions, temperature of 101.5 or higher, excessive knee pain, calf pain, excessive drainage of blood or fluid, uncontrolled nausea or vomiting.

Have a responsible adult remain with you for the first 48 hours after surgery. If you have any questions or concerns before your next scheduled appointment, please call our office at 541-472-0603.