

Post-Operative Instructions – Hip Arthroscopy

Patient _____

Date _____

Operative side ☐ L ☐ R

Wound care

- You may reinforce the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, remove bandages and gauze.
- You may shower at this point. — NO Baths or soaking in water for 4 weeks.
- It is OK to let soapy warm water run over incision. Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.
- Keep incision covered with band aids, pat dry, may keep incisions covered for 2 weeks. Wear loose fitting clothing while the incisions are healing.
- It is normal to see a lot of blood-tinged, soaked fluid on the bandages. This may appear to be a pinkish-yellow fluid and is normal.
- DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES.
- Your stitches will be removed at your first post op visit. DO NOT scrub the incision sites — you may let soap and water run down the incisions and pat dry with a towel once you're done.
- DO NOT soak in any pool/bath water until 4 weeks after surgery.

Prescription medications

Aspirin: ***

- This medication is to help prevent blood clots after surgery.
- Take one 81 mg tablet twice per day with food for 6 weeks.

Colace (Docusate Sodium):

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation.
- It is normal to take several days to make a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.
- We highly recommend having prune juice on hand to help assist with bowel movements.
- If you have not had a bowel movement in 3–4 days, you may add milk of magnesia or Miralax.

Oxycodone/Acetaminophen (Percocet):

- This is a narcotic medication for pain. This medication is to be taken AS NEEDED.
- Plan to stay on a scheduled dose of 1–2 tablets every 4–6 hrs for the first 2–3 days.
- After 2–3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
- DO NOT exceed 3,000 mg of Acetaminophen in a 24-hour period. Each tablet contains 325 mg of Acetaminophen.

Post-Operative Instructions – Hip Arthroscopy

- Do not drive, drink alcohol, or take extra Acetaminophen (Tylenol) WHILE taking this medication.

Zofran (Ondansetron):

- This is an anti-nausea medication.
- It is a dissolving tablet — place it on your tongue, allow it to dissolve, and swallow.
- Take this as needed every 4–6 hours for the first 2 days after surgery.

NOTE

There may be deviations from the standard prescriptions listed above due to individual patient factors.
Please clarify any discrepancies with the doctor or nurses.

Weight bearing

- If you received REGIONAL anesthesia (a “block” to the leg), DO NOT attempt to weight bear for the first 24–36 hours. After the feeling has returned to the leg, you may be flat-foot weight bearing.
- Use walker to take most of the weight off of your operative leg. Your goal should be to put only 20 lbs of weight on the leg. You can practice this with a scale at home if you have one. Walk with your foot flat to the ground, and “mimic” a normal gait (walking pattern) with the foot gently touching the ground. You may rest your foot on the ground when standing IN THE BRACE.

Brace

- Expect to be in the brace for 6 weeks INCLUDING SLEEP AND WHEN MOBILE.
- Over the first few days, concentrate on icing the hip and wear the brace when you are up and about.
- You do NOT need to wear the brace: at rest, during day in controlled setting; laying on your stomach; using the ice machine; showering and using the bathroom.
- The lateral (outside) post on the brace should be positioned over the lateral aspect (outside) of the leg.

Ice

- Ice therapy can be used liberally in the first few days or weeks after surgery.
- One option is regular, moldable ice packs (purchase in stores or online).
- Another option is a formal icing unit which can be purchased at medical supply stores.
- Be mindful to place a layer of clothing or a towel between the ice and your skin to prevent skin injury.

Physical therapy

- Physical therapy should start ideally around 4–6 weeks post op.

Post-Operative Instructions – Hip Arthroscopy

- Choose a physical therapy clinic close to your home so you can be compliant with your program.
- PT will be 2x/week for roughly 2–3 months; please bring your prescription for therapy.
- You should continue home exercises after your formal course of physical therapy.

General activity levels

- It is beneficial to change positions often after hip arthroscopy.
- Alternate sitting, reclining, and lying down as much as you can tolerate.
- We recommend you get moving once every 30 minutes to prevent stiffness.
- Do not stay in a seated position for longer than 30 minutes. If you need a work note to get up from your desk, please let us know and we can send it in to your employer.
- Spend 2 to 3 hours per day on your stomach (you can take the brace off for this) to help keep the hip straight.
- Laying around too much will make you stiff, so feel free to move around your home as you can tolerate.
- Perform ankle pumps (like pushing the gas pedal) and elevate the legs to help prevent blood clots.

Follow up

- You will need to follow up in clinic in 7–14 days post op for suture removal.
- Please call central scheduling to make an appointment if you do not have one.
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours and ask for appointment scheduling.

Emergencies

- Painful swelling or numbness, or unrelenting pain
- Fever (note — it is normal to have a low-grade fever (101° and under) for the first day or two following surgery) or chills
- Redness around incisions
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing or excessive nausea/vomiting
- Tense abdominal swelling and abdominal pain (needs evaluation in the ER ASAP)

IF THIS IS AN EMERGENCY

Proceed to the nearest emergency room or call 911 if you have an emergency that requires immediate attention.