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Hip Arthroscopy Discharge Instructions

Follow Up Appointment:

If not already made, please call my office at 616.396.5855 to set up an appointment to see me after your procedure in 10-14 days from your surgery date. Please communicate to my staff that this will be your first post-operative appointment.

Post-Op Care:

Please follow these instructions carefully. If you have any questions or concerns, please contact my office at 616.396.5855, choose option #4. If they cannot answer your questions appropriately, they will get a message to me.

Weight Bearing:

- Your weight bearing restrictions are in affect for 4 weeks.
- You will be allowed to put 30% of your weight on your operative leg with the use of crutches or a walker.
- If you had a microfracture, you are allowed to put 20% of your weight on your operative leg for 6 weeks.

Diet:

- You may eat a regular diet.
- Drink plenty of non-alcoholic, non-caffeinated fluids.

Dressings and Wound Care:

- The first post-op dressing change should occur on the second day after surgery.
- A gauze pad and Tegaderm will be used to create a waterproof bandage. If you run out, waterproof Band-Aids are fine to use.
- Change the gauze pads and operative sites ("Tegaderm") every other day after the first change, or if they become wet or soiled.
- DO NOT touch, or apply ointment to the incisions.
- At each dressing change evaluate the incision for excessive drainage, redness surrounding the incision or red streaks coming away from it, increased pain, and increased temperature. These are all signs of infection. If you have questions or concerns, please phone my office immediately at 616.396.5855, option #4.

Sutures:

- At your first (10-14 days) post-op appointment, the sutures and/or tags will be removed. Please do not try to remove them on your own.

Medications:

- You will be discharged with medications. See additional handout for further detail.

Bathing:

- It is important to keep the incision dry at all times for the first two weeks post-op.
- Tegaderm or Op-site dressings can be used to cover the wounds completely to allow for showering during this period, and to keep the wound dry.
- After showering, the gauze, or op-site bandages do not need to be changed unless they become wet. Avoid baths, swimming pools or soaking in a hot tub until all incisions are completely healed, usually in about 2-3 weeks.
- It is recommended that you stay out of a hot tub for 6 weeks.

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Driving:

- You cannot drive until you are off of narcotic pain medications.
- The determination of when to drive is based on when you feel that your braking time is not affected by your surgery and you can do it safely.
- For the right leg, this may be 4-6 weeks. It may be sooner on the left.
- Please use caution in the beginning and consider first practicing in an empty parking lot.

Physical Therapy:

- Please make an appointment for your Physical Therapy to begin as soon as possible after surgery (in the next day or two).
- Working hard and getting started early with PT, and doing the exercises regularly at home, is critical for a successful outcome.
- You will be given specific exercises to follow at different time frames during your rehabilitation. Follow these instructions carefully.
- If you have questions, please call my office.
- **Swelling, inflammation control and reaching your range of motion goals are the primary focus for the first 2 weeks after surgery.** The following will help you reach your goals:
- **Ice:** Ice your hip 5-6 times per day, 30 minutes at a time. This can be achieved in a number of ways: ice bags, durakolds, freezer wraps or frozen peas can be used. If you purchased or rented a Theracool or Game Ready unit, use it as much as possible (using the above intervals for a total of at least 3-4 hours a day). Whatever the means, be very diligent with your icing. Be sure to put a thin sheet of cloth next to your skin while icing, as the ice can cause frost bite.
- **Range of Motion:** Exercise will help to decrease the amount of swelling. Follow your specific protocol of activities and stay within the limitations outlined in your physical therapy protocol.
- **CPM Machine:** If you obtained a CPM machine (or bending machine) for your hip, please use it for 4-6 hours a day for 2-3 weeks (or a minimum of 6 hours/day for 6 weeks if a microfracture was performed). It is helpful for minimizing adhesions and for midrange of motion. Use it to augment your home therapy exercises, not to replace them. End range or Terminal flexion of extension is best achieved with other exercises.
- If you had a Z-plasty lengthening of your IT band, you will also be given a hip brace to wear when you are ambulating for 6 weeks. You will also need to use the A-frame abduction pillow while in bed for 6 weeks. These are both important to prevent abduction (moving your leg out to the side) and adduction (bringing your leg across the midline) of your operative leg, which protects the IT band while it heals.