

POSTOPERATIVE INSTRUCTIONS – HIP ARTHROSCOPY

MOVEMENT

You are partial (50%) weight bearing after surgery; it is required that you use crutches for 3 weeks postoperatively to help you protect your hip. Only move your hip within a pain-free range of motion.

The day after surgery, we encourage you to ride a stationary bike several times a day every day for 5-10 minutes as tolerated. This will keep your hip from getting too stiff immediately after surgery. Keep hip flexion less than 90 degrees.

ICE

Use ice to help decrease swelling and pain after your surgery. May use at intervals of 20 minutes ON with at least 30 minutes OFF. Do not use ice while you are sleeping.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. hip). If an injection of local anesthesia was injected into your wound, this will wear off in 5-6 hours. Therefore, begin taking the medication (e.g. Norco, Percocet, etc.) immediately when you begin to have pain. This will prevent you from having severe pain. Take the pain medication as needed, every 4-6 hours.

You should begin taking an anti-inflammatory called Naproxen the night after surgery. You are to take it two times daily for 2 weeks. This medicine will help cut down on the use of the narcotic medicine, and help prevent bone from re-growing around the hip joint. **If you have any difficulty using anti-inflammatory medications or aspirin or have a history of ulcers, heart disease, or take blood thinners, please let us know.**

DRESSING / BANDAGES

Keep your dressing clean and dry. You may remove the dressing 3 days after surgery. Please place waterproof band-aids over the incision sites. It is okay to shower 3 days after surgery – keep incisions clean and dry. No submerging in bathtub or hot tub.

DRIVING

You may not drive with your operative leg until advised by physician.

APPOINTMENT

Your post-operative visit should be scheduled 7-10 days after surgery. At that visit your stitches will be removed if necessary and you will be given a prescription for physical therapy.