

Hip Arthroscopy Post-Operative Instructions

DAVID J. HERGAN M.D.

1. Your dressing is waterproof so you may shower with dressing on. Remove the dressing on post-operative day #2. It is normal for gauze to be soaked with fluid/blood
2. Apply band-aids to wound sites after dressing removal and change band-aids daily
3. Some swelling and bruising in the thigh, leg and groin is expected.
4. Partial weight-bearing with crutches (20-30 lbs.) with foot flat on ground for 2-3 weeks.
5. Wear brace for 2 weeks. You may remove brace for bathroom use and showering, otherwise the brace should be worn constantly and during sleep. Sleeping on your back is the best.
6. Arrange time to start Physical Therapy (P.T.) within 2-4 days post-op; ideally begin 1 day post op
 - a. Middlesex Orthopedic Surgeons P.T.: 860-638-3820 or P.T. close to your home.
 - b. Before getting to formal P.T., you may begin isometric quad sets (flexing your quad with leg straight) and ankle pumps, 3-4 times per day , 20-30 reps (NO straight leg raises). You may also use a stationary bike, if accessible, with seat up high to avoid anterior hip pinching. Do NOT overdo it during the first week.
7. Do not use bacitracin or other ointments on surgical wounds.
8. Use the cryocuff/Vascutherm system/ice 4-5 times per day for 30 min intervals or as instructed
9. Do not soak the hip in water or go swimming in a pool, ocean or bathtub until cleared
10. The first follow-up appointment for suture removal is 13-16 days after surgery; if you do not already have an appointment scheduled; Middlesex Orthopedic Surgeons: 860-685-8940/8956.
11. If you develop a fever (101.5), redness, or excessive drainage from the surgical incision sites, please call our office to arrange for an evaluation immediately.
12. You may experience some low back pain due to muscle spasm from the traction. If so, apply heating pad to the area and take an analgesic if you have not already done so.
13. No driving while on narcotic pain medication, using crutches, or wearing brace
14. You should have the following prescriptions for you to use post-operatively.
 - a. Indocin-SR 75 mg 1 tab once a day **and** Percocet 5/325 1-2 tablets as needed every 4 to 6 hours as needed for pain
15. Over the Counter Medications: You may take a baby aspirin (81mg) daily for 2 weeks after surgery to decrease your risk of blood clot after surgery. If you take the Percocet regularly, you may need an over the counter stool softener to prevent constipation (Colace or docusate 100 mg capsules can be taken up to three times daily as needed). Once you have completed the course of indocin, you may take ibuprofen or alleve as needed for anti-inflammatory pain relief.

If you have any questions or concerns, please feel free to call the office.

If you have any difficulty using anti-inflammatory medications, the above pain medications or aspirin, or have a history of ulcer disease or kidney disease, please let us know.

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