



## Post-Operative Instructions for Hip Arthroscopy

### Dressing/wound care:

- Remove the surgical dressings 3 days after surgery.
- You may shower 3 days after surgery. Gently pat the incisions dry after showering with a clean towel.
- Do not submerge the hip in water: no baths, swimming, or hot tubs.
- Apply fresh dressings (gauze) as needed to incisions or leave open to air if the wounds are not draining.
- Do not use bacitracin or other ointments otopost incisions.
- Elevate the operative extremity as much as possible throughout the day.
- You may use ice packs provided by AHI continuously and change ice packs every 3 hrs while awake for the first 3-5 days. It is normal to have swelling of the thigh for several days after surgery.

### Activity:

#### Weight Bearing Instructions:

- 2 weeks 20lbs flat foot weight bearing
- 6 weeks 20lbs flat foot weight bearing

#### Brace Instructions:

- 2 weeks
- 6 weeks

#### Physical Therapy to begin:

- Postoperative day 1 or 2
- 6 weeks postop

- Walk with crutches at all times. You may only place 20 lbs. of weight on the operated leg.
- Wear the brace at all times. You may remove the brace: During physical therapy, while using the bike/CPM, for changing clothes or showering.
- Begin physical therapy as instructed above and provide your therapist with the physical therapy protocol provided to you.
- Begin using stationary bike the day after surgery: 2 hours per day or CPM machine use: 4 hours per day. Use the bike or CPM in 5-30 min increments, as your hip tolerates.
- Wear compression stockings (TED hose) for 4 weeks postoperatively. These can be removed daily for showering and to inspect skin. These can also be removed for the nighttime, if uncomfortable enough to interfere with sleep, but must be placed back on the next morning.

### Medications:

- Use narcotic pain medication only as needed. You may discontinue narcotic medication once your pain is controlled and use Tylenol and/or icing instead.
  - For all other medications that has been prescribed by AHI, take the entire prescription as written.
1. If you develop a fever ( $>101^{\circ}\text{F}$ ) associated with other symptoms or if fever occurs 2 or more days after the surgery, please call our office to arrange for an evaluation.
  2. If you develop redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
  3. You may experience some low back pain due to muscle spasms from anesthesia or positioning in surgery. If this happens, apply an ice or heat pack to the area and take pain medication as prescribed.

**If you have any questions please feel free to reference the AHI booklet, message us through the AHI Patient Portal or call our office at 833-USA-HIPS (833-872-4477).**