* Keep your leg elevated as much as possible
* Keep your dressing on until seen in the office for your first post-operative visit. and do not allow them to get wet.
* If you chose to shower, wrap your extremity and/or bandage to keep it dry.
* Please do not attempt to take a bath.
* If necessary, the bandages may be removed and the wounds covered with clean dressings after three (3) days.
* Some seeping through your dressing is not unusual. You may reinforce your dressing but call us if you have concerns.
* An ice bag on your anterior hip may reduce your overall discomfort.
* Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe. You may rest your foot on the ground while using crutches.
* You have received an exercise page with pictures and instructions on exercises that you may begin now. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
* Post-operative pain is common but should be controlled by the prescriptions given to you.
* You will be seen in the office within a week for follow-up. Please call if you have any concerns.