



## HIP ARTHROSCOPY Post-Operative instructions

The following information is designed to answer some of the frequently asked questions regarding what to expect and what to do after arthroscopic surgery. These are general guidelines, if you have any questions or concerns, please give us a call at 816-995-0204.

### Dressing and Wound Care

During arthroscopic surgery, the joint is irrigated with saline. There will typically be four small incisions closed with sutures that are under the skin and will dissolve. Your hip will be covered with a bulky dressing. Water may gradually leak through these incisions, saturating the bandage. This blood-tinged drainage may persist for 24-36 hours. If it has not significantly decreased by this time, please call our office. The bandage may be removed the day after surgery. As soon as the incisions are dry, you may leave them uncovered. Do not use ointments such as Neosporin on the incisions. You may shower the day after surgery, but avoid water running directly over the incisions. *GLAD Press and Seal* works well as a “mini-shower curtain” covering the incisions. The incisions should not be soaked (e.g., bathtub, hot tub, swimming pool, etc.). The steri-strips should not be taken off but if they fall off this is ok. If the incisions show any signs of infection, please contact our office. Specifically, if there is increased redness, persistent drainage, if you have fever, or if the pain does not progressively decrease, you should call the office.

### Ice

During the first 48 hours, ice (ice packs or ice machine) can be helpful to decrease pain and swelling and is especially important during the first 24 hours. Ice bags/packs should never be applied directly to the skin. If the skin becomes very cold or burns, discontinue the ice application immediately.

### Ambulation and Movement

Unless you have been otherwise instructed, you will be allowed to bear as much weight on your leg the day of your surgery for safety. If you have had a nerve block your leg may not support you until this has worn off so please be careful. Starting the day after surgery (or when the block has worn off) you may begin weight bearing as tolerated. You are essentially walking with crutches. You may get rid of crutches when you wish, typically 7-10 days post op for most patients. Your level of discomfort will most often be your best guide in determining how much activity is allowed. Remember that it is very easy to overdo in the first few days after surgery and any increase in pain or swelling usually indicates that you need to decrease your activities. Please be careful on slippery surfaces, steps, or anywhere you might fall and injure yourself.

If you were prescribed a brace this should be worn at all times when you are awake with the exception of hygiene. It is not necessary that you wear the brace the day of surgery. You do not need to sleep in your brace. The brace is typically worn for the first 4-6 weeks after surgery.



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### Post-Operative instructions (con't)

#### Medications

You will be given a prescription for pain medication. If you have any known drug allergies, check with the nurse prior to taking any medication. Please note that we are unable to call in prescriptions for narcotics after office hours. If you need a refill, please call early in the day so the nurse can call in your prescription. This is especially important if the weekend is approaching. You are also given a medication for muscle spasm and nausea.

Some medications do have side effects. If you have any difficulty with itching, nausea, or other side effects, discontinue the medication immediately and call our office. Pain medication often causes drowsiness and we advise that you do not drive, operate machinery or make important decisions while taking medication.

You will also be given a prescription for Naprosyn. This medication is to be taken scheduled, twice daily, for the first three weeks after your surgery to prevent Heterotopic Ossification. This is a condition where extra bone can form around your hip, completely unrelated to the extra bone causing your hip impingement. The Naprosyn will help with your pain but you are not taking it initially as a pain reliever. When the 42 pills are finished you might find it was helping with pain. If this is the case then begin to take over the counter Aleve as necessary for pain if you wish.

#### Exercise/Physical Therapy

Physical therapy usually begins within a few days after your surgery. The purpose of physical therapy is to help you regain the use of your hip in a safe and progressive fashion. If you have any questions regarding your exercise program, please contact the physical therapist. If you are unaware of when or where your therapy is, please call the nurse and she can help you determine this.

#### First Post-Operative Visit

Your first post-operative appointment will be within 10-14 days of your surgery. The findings at surgery, long-term prognosis, and plans for rehabilitation will be discussed at this appointment. If you are unsure of when your first post-op visit with Dr. Harlan is, please call the office and someone will help get one scheduled.

If you are having any problems, contact us right away. Remember, if your pain increases, check for signs of infection (redness, fever, etc.), decrease your activities, use ice, and take your pain medication as prescribed. If the pain persists, or if there are signs of infection, call our office 816-995-0204.