



WAYPOINT

ORTHOPAEDIC ASSOCIATES

POST-OPERATIVE INSTRUCTIONS: PROCEDURE: HIP ARTHROSCOPY, POSSIBLE OSTEOPLASTY, POSSIBLE LABRAL REPAIR

- Pain Medication: You will be given a prescription for pain medication for after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Ultram, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: You may leave the dressing intact until you return for your post-operative visit. If dressing becomes uncomfortable, you may remove it no earlier than 3 days after surgery and apply Band-Aids over the arthroscopic sutures and dry/sterile gauze over any larger incision. (For example, if surgery was on Thursday, do not change the dressing until Sunday.) Keep incision dry and clean until sutures are removed at your first post-op visit. Do not get the incisions wet until you have been seen by your surgeon and given approval for showering. You will not be able to soak the incision in a bath, pool, or body of water for 4 weeks. When doing a dressing change, DO NOT remove the steri-strips (small ½ inch adhesive strips over incisions) if present. These will gradually fall off over time or be removed/replaced at your post-op visit.
- Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt.
- Activity: Weightbearing as tolerated
 Toe-touch weightbearing with crutches. Do not flex your hip >90 degrees x 10 days.
- DVT (blood clot) prevention:
 1. Perform range of motion exercises for right and left ankle to exercise calf muscles. Do ten reps every hour minimum while awake
 2. When upright, place surgical foot on ground and apply body weight for balance. Do not have leg suspended in air when walking with crutches, if using crutches.
 3. Beginning the day of surgery, take one regular (325mg) aspirin daily for 2 weeks unless not allowed for other medical reasons. ***Clear this with your family doctor before starting the aspirin.***
 4. You should not do any flying for two weeks following surgery
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.

- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.

- When to call your surgeon:
 - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days