#### Taylor R. Dunphy, MD [Newport Orthopedic Institute](https://www.newportortho.com/)

Orthopaedic Surgery and Sports Medicine

PATIENT STICKER

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**POST-OPERATIVE INSTRUCTIONS – HIP ARTHROSCOPY ( ) Labral Repair +/- ( ) Osteoplasty**

**DAY OF SURGERY:**

* Ice will be placed on your hip in the recovery room. For the first 24 hours following surgery, keep the ice on as much as possible except when you go to bed. This will help reduce the swelling and minimize the pain.
* You will be 20lbs Flat foot weight bearing for the first three weeks after surgery. Crutches and teaching will be provided before you are discharged.
* Your hip brace will be applied in the operating room. Brace ROM is set at 0 degrees extension and 90 degrees of flexion for walking. Brace may be locked at 0 degrees extension and 0 degrees of flexion for sleeping. Brace must be worn at all times, including sleep, until follow-up in clinic visit.
* Post-Operative Range of motion restrictions for hip arthroscopy:
  + Flexion limited to 90 degrees x 2 wks
  + Abduction limited to 30 degrees x 2 wks
  + Internal rotation at 90 degrees flexion limited to 20 degrees x 3wks
  + External rotation at 90 degrees of flexion limited to 30 degrees x 6 wks
  + Prone internal rotation and log roll IR- no limits
  + Prone external rotation limited to 20 degrees x 6 wks
  + Prone hip extension limited to 0 degrees x 3 wks
* Prescriptions for antibiotics, pain medication, aspirin, and an anti-inflammatory will be sent to your pharmacy. We suggest you use the pain medication the first night prior to going to bed. You should avoid taking pain medications on an empty stomach, as it will make you nauseous. Otherwise, use the pain medication ONLY as needed. Use the anti-inflammatory daily, as prescribed, to reduce the swelling after surgery.

**DAY 1 AND UNTIL FIRST POST-OP VISIT:**

* Ice will aid in decreasing pain and swelling. Apply the ice for 20-30 minutes at least 4 times per day for the first few days. Then use it 2-3 times a day. You may use ice more frequently if you are having continued pain and swelling.
* Remove the bandages 48 hours after surgery and apply gauze/bandaids to the wounds if sealed dressings are saturated. Do not remove the white steri-strip tape over the incisions. Do not put anything including bacitracin or ointments on or near the incisions.
* You may shower 48 hours after surgery but **Do Not** get the incisions wet. Wrap your hip with plastic wrap and secure it with tape around your thigh. If your sutures do get wet, pat them dry and re-apply fresh Band-Aids.
* Do not drink alcoholic beverages or take illicit drugs when taking pain medications.
* You may return to sedentary work/school in the next couple of days when you feel up to it. You will need to wear your brace until clinic.
* Call the office with any questions, and make an appointment to have a postoperative check 10-14 days after surgery.