

Hip Arthroscopy Post-Operative Instructions

Dressing: You may remove the clear dressing and gauze pads 72 hours after your surgery. There will still be paper strips covering your incisions. Please leave these in place. These will come off over 7-10 days.

Bleeding: In some instances, you may notice bleeding/oozing from the incision sites. This is nothing to be alarmed of. If you notice that it continues for longer than 24 hours, please contact our office.

Stocking: In order to help prevent blood clots, it is important that you continue to wear the compression stocking for 48 hours on the non-operative leg and 14 days on the operative leg. The stocking may be removed for showering, but it needs to be replaced as soon as possible to be most effective.

Crutches: These will be provided for you preoperatively and you will be trained on how to use them. You will be non-weight bearing for the first 48 hours and then progress to toe-touch weight bearing until your postoperative visit. You will be notified at your postoperative visit when you can stop using your crutches. It is very important that you use them until your surgeon instructs you that it is ok to stop.

Showering: After the dressing is removed, you may shower normally. Make sure to pat the incisions dry thoroughly. DO NOT soak in a bathtub or Jacuzzi until you are seen at your postoperative appointment and notified that it is ok to do so by your surgeon.

Swelling: This is a common and expected occurrence following surgery. Use your cold therapy unit, or a large ice pack for 20 minutes every 2 hours, making sure to place a sheet or towel between the ice pack and the skin.

Pain Relief: For mild to moderate pain, you may use Advil 1-2 tablets every 4-6 hours as needed (do not exceed 6 tablets in 12 hours). For severe pain, your surgeon has provided you with a stronger prescription pain medication. Make sure to take this medication with food and water to help prevent the common side effects of nausea and constipation. Do not drink alcohol and do not drive or operate machinery while taking this medication.

Diet: Following surgery, you may resume your regular diet, as tolerated. Make sure to drink larger quantities of water to flush the anesthesia drugs from your system, and eat high quality nutritious foods to provide your body with the energy it needs begin the healing process.

Nausea & Vomiting: Although rare, both may occur after any surgical procedure. If you have had these reactions to anesthesia before, please make the anesthesiologist aware and they will do their best to prevent this. If these persist for more than 24 hours postoperative, please call our office.

Drowsiness: This may persist for several days postoperative and should be no cause for concern.

Post-op Appointment: Please schedule an appointment for 1 week following surgery.

Physical Therapy:We would like you to start ASAP after your post-op appointment. Please call your PT office to set up your 1st appointment for either later in the day the same day as your post-op or the following day. At your post-op we will provide you with your PT prescription and protocol.