

Post-Operative Instructions for Hip Arthroscopy

Dressings/Wound Care:

- Remove the surgical dressings 5 days after surgery.
- You may shower 5 days after surgery. Gently pat the incisions dry after showering with clean towel and replace with water proof band aids. Cover with PRESS AND SEAL Saren wrap during the shower and avoid direct water over incision sites.
- Do not submerge the hip in water: no baths, swimming, or hot tubs for 4 weeks post op.
- Apply fresh dressings as needed. New gauze with tape or waterproof band aids.
- Drainage is normal post op from hip scope as a lot of this is water used for the procedure. **BETTER IN THAN OUT.** If yellow/green in color, notify our staff at 828 258 8800 ext 3700
- Elevate the operative extremity as much as possible for first 7-10 days (3 pillows under foot/2 under knee)
- You may use ice packs; 20 min 3-5 times daily.

Activity:

Weight Bearing Instructions:

- 2 weeks 20 lbs FF WB
- 6 weeks 20 lbs FF WB

Brace Instructions:

- 2 weeks
- 6 weeks

PT to begin:

- POD 1 or 2
- 6 weeks post op

- Walk with crutches at all times. Initial PWB is 20 lbs of weight on the operative leg.
- Wear the brace at all times. You may remove the brace during: physical therapy, while using the bike/CPM, changing clothes or showering
- The flexion/extension parameters (0/80) will be preset at your pre-op PT appointment. No need to adjust.
- Begin PT as instructed above. Appt to be scheduled preoperative. PT protocol also provided. Please bring copy to your PT appointments. EmmergeOrtho PT will also have on file.
- Ok to begin stationary bike the day after surgery at light resistance for up to 2 hrs per day.
- Wear compression stockings (TED) hose or compression calf high socks (15-20 mm Hg) for 4 weeks post operatively; ok to remove for showers; okay to remove, if uncomfortable for sleep.

Medications:

- For pain medications (Norco/Percocet), take as needed but may discontinue 3-5 days post operative.
 - ***Ok to discontinue stool softener (Colace) when usage of pain medication has stopped
 - ***Ok to discontinue anti-nausea (Zofran) as needed
 - ***Ok to discontinue muscle relaxer (Methocarbamol) as needed
- For all other medications, take the full prescription as written.
 - ***Take Mobic x 42 days for heterotropic ossification prophylaxis
 - ***Take Aspirin 325 once daily x 30 days for DVT prophylaxis

1. If you develop a fever >101.5°F associated with other symptoms or if fever occurs 2 or more days after the surgery, please call our office to arrange for an evaluation.
2. If you develop redness or green/yellow drainage from surgical incision site, please call our office to arrange for evaluation.
3. You may experience some low back pain due to muscle spasms from anesthesia or positioning in surgery. If this happens, apply an ice or heat pack to the area and take medications as needed.

Call 828 258 8800 ext 3700 with any further questions or send a message through the Athena Patient Portal.

