

## **POST-OPERATIVE PATIENT DISCHARGE INSTRUCTIONS:**

### **HIP ARTHROSCOPY SURGERY**

#### **1. GENERAL:**

- Drink plenty of fluids.
- Resume diet as tolerated.
- Some swelling is normal after surgery. To reduce swelling, ELEVATE your leg on 2-3 pillows while you sleep for the first 2 or 3 nights. Elevate your leg above heart level for at least 30 minutes 3-4 times per day.
- Wear cryocuff for first 48 hours, except when exercising, then use ice as needed for pain.
- Take an over-the-counter stool softener/laxative to avoid constipation.

#### **2. INCISIONAL CARE:**

- May remove dressing after 72 hours. Keep incision clean and dry.
- Do not wash incisions or apply ointments or creams.
- May place clean, DRY, bandaids over incisions.
- If you have steri-strips on your incisions, do not remove them.
- You may shower after 3 days, but do not scrub the incisions. PAT dry. NO IMMERSION of operative hip. (bath, hot tub, pool, etc)
- No tub baths or swimming until instructed by doctor.

#### **3. ACTIVITY:**

- Exercises begin the day of surgery 3 times per day for 30 minutes, unless directed otherwise.
- Nerve blocks may temporarily limit your ability to do exercises. Do what you are able. (heel slides, ankle pump, straight leg raise, quad sets)
- Use two crutches at all times until nerve block wears off or unless otherwise directed. See weight-bearing instructions below.

**If provided with sequential compression devices, wear them as directed until your follow up appointment with your surgeon. Please wear sequential compression devices when sedentary for greater than one hour.**

#### **4. PHYSICAL THERAPY:**

- Will be discussed at your 1 week follow-up visit unless otherwise indicated above.

## **5. MEDICATIONS:**

- See specific medication instructions below.

### **General Medication Reminders:**

- Take pain medication with food when possible.
- Do not take Ibuprofen if taking a blood thinner such as Lovenox or Coumadin.
- Do not take Ibuprofen if you are intolerant of other NSAIDS.
- Do not take Tylenol or Ibuprofen if you have kidney or liver disease.

## **6. ANESTHESIA:**

- Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.
- For this reason, **you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for 24 hours after your surgery or while taking pain medication.**

## **7: EMERGENCIES:**

**If you are experiencing any of the following call our office immediately @ (586) 773-1300.**

- Fever greater than 101.5F
- Unrelenting pain
- Excessive redness or swelling of incisions
- Yellow (pus) drainage at incision sites
- Difficulty breathing
- Excessive nausea/vomiting
- Calf Pain – If increasing pain/swelling and after office hours, go to the ER
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room

**Please make sure your post op appointment is made for 1-2 weeks after your surgery!!**

**If not, please call (586) 773-1300 to schedule**