

POST-OPERATIVE PATIENT DISCHARGE INSTRUCTIONS:

HIP ARTHROSCOPY SURGERY

Dr. Hinz

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 2 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 Dr. Hinz' office immediately

- 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 10-14 weeks after your surgery!!

If not, please call surgical scheduler to schedule.

Weight - Bearing Instructions:

- o Flat foot _____ weight bearing with brace and crutches x 4-5 weeks post operatively.

Medications:

- o Norco 5/325mg, 1 pill as needed every 4-6 hours for pain
- o Indomethacin 25mg 1 pill TID x 7 days
- o Zofran 4mg. 1 tablet every 8 hours as needed for nausea/vomiting.
- o Cephalexin 500mg 1 pill four times daily x 3 days

Blood Clot Prevention:

- o Aspirin 325mg tablet. 1 tablet daily for 14 days.

OTC Medications:

- o Colace 100mg, 1 capsule every 12 hours as needed for constipation.
- o Tylenol Extra Strength 1-2 tablets as needed every 6 hours for pain. *Norco contains Tylenol. If you are already taking Norco, DO NOT take any additional Tylenol.