

Hip Arthroscopy – Patient Information

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ACTIVITY:

- Use crutches until you are seen in physical therapy, they will guide on how to wean off of the crutches. It is ok to put a comfortable amount of weight on your leg as long as you are using the crutches. You should move your hip in the range of motion that is pain free.
- Wiggle your toes of affected limb and pump your foot/ankle up and down whenever you think about it. The more, the better (pain guided).
- You may begin riding an upright exercise bike tomorrow but keep the seat high so you do not flex your hip to 90 degrees. If you do not have an exercise bike, this can be accomplished by moving your legs in a gentle cycling motion while lying on your back.
- Physical therapy should start in 1-2 days

DIET:

- Start with liquids and advance your diet as tolerated.

Medication:

- Take the prescription pain medicine (OxyContin//Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Use the Naprosyn as prescribed until it is gone, do not take ibuprofen, motrin, Aleve, or other anti-inflammatory medications while you are taking the Mobic. If you are having stomach trouble with the Indocin please call the office so we can switch you to a different medication.
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

DRESSING:

- Keep your dressing clean and dry. You can remove the dressing and apply Band-Aids to your incisions in 2 days.
- You can shower after you change the dressing as long as the incisions are not draining fluid. If they are draining keep them covered until they are dry.
- Continue to wear the TED stockings until you are seen in follow-up.
- Use ice for 20 minutes intervals (no longer) for 3-4 times per day during the first week after your surgery. Be sure to use ice after physical therapy.

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SPECIAL INSTRUCTIONS:

- Once you are off pain medications, you may drive if your LEFT hip was operated on. If your right hip was operated on you will be able to drive in 4-6 weeks once you are pain free and have all your motion.
- Use the sleeping medication as needed at night. Take one tablet 30 minutes prior to going to sleep.
- Try to sleep on your back and avoid laying on your side or stomach at night. It is ok to lay on your stomach a few times throughout the day to help stretch the front of your hip and prevent tightness of the muscles in the front of your hip.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever greater than 101.5° F
- Redness, warmth in the leg, hip, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your toes

FOLLOW-UP CARE:

- Your postoperative appointment about 10 days after surgery will have been made for you when surgery was set up.