

POST-OPERATIVE ORDERS:

HIP ARTHROSCOPY

OrthoArizona, Mezona Division

Phone (480) 964-2908

WEIGHT BEARING & BRACE: This is dependent on the procedure performed:

Labrum Debridement, Psoas Lengthening and/or Chondroplasty: Advance weight bearing as tolerated. Anticipate using crutches up to 2 weeks.

Labrum repair: Crutches should be used during the first 2 weeks following surgery. During this time you will put up to 50% of your weight on your operative leg. You should NOT hold your foot in the air while you walk with crutches, rather put as much weight as you can tolerate on your leg with your foot flat on the ground. Your surgeon will discuss further advancement of weight-bearing status at your follow-up visits. We DO want you to be up and around at home as much as possible after surgery.

Labrum Reconstruction or Microfracture: You may NOT put your weight on your operative leg. That means that you MUST use crutches or a walker EVERY TIME you walk for 6 weeks. We DO want you to be up and around at home as much as possible after surgery. You will be “toe-touch” weight-bearing, which means you will place your foot on the ground to “hold your place,” but will not put any weight on the foot. If you are doing this correctly, all muscles in your hip and leg will be relaxed.

MOVING YOUR HIP:

It is OK for you to start moving your hip right away. You should not push past the points of pain, and should not bend at the waist past 90°. You should begin using your stationary bike or pedaler the night of surgery and then twice daily for 20 minutes with NO resistance.

LEG EXERCISES:

You will learn exercises in Physical Therapy, which should start within 3 days of surgery. If you do not have an appointment, please call your therapist or our office at (480) 964-2908. Your surgeon may choose to have you hold therapy depending on the procedure performed.

ICE:

Use a commercially available ice bag or fill a large plastic bag with ice and water. (Do not place a plastic bag directly on your skin, but place a towel on your hip in between your skin and the ice bag.) You can ice your hip 20 minutes on and 20 minutes off throughout the day. Do not ice your leg longer than 30 minutes at a time, as this can cause frost bite. Ice is most helpful in the first 3 days after surgery, but can help up to 2 weeks after surgery. We do not recommend that you use heat, as this can increase swelling.

BANDAGES:

You may remove your bandages and shower three days after surgery. If you have white Steri Strips, DO NOT remove them. It is OK to get your incisions wet after the bandage is removed, but it is very important not to soak the incision underwater (no bath, pool, hot tub etc...) for 3 weeks. It is OK to wash the incisions gently with soap and gently pat dry with a towel. Do not place any lotion or other ointment on your incisions. You may cover them with Band-Aids for comfort if they catch on your clothing.

MEDICATIONS:

Only one medication is “required” following surgery, the Naproxyn (Naprosyn) or Indocin (indomethacin). This may assist in pain control, but more importantly prevents your body from forming abnormal bone around the hip as a result of the surgery.

You will be given a narcotic pain medicine (such as Percocet – oxycodone, Norco – hydrocodone, or Tylenol#3 - Codeine). We will prescribe a different medication if you cannot take these. Take this AS NEEDED only. Do not take additional Tylenol (sometimes called acetaminophen) with these medicines, as they already have Tylenol in them. You may SUBSTITUTE Tylenol for a narcotic pill if you choose to. Be certain that you do not exceed the maximum Tylenol dose as noted on the Tylenol bottle. Pain medicines often cause constipation, so you may want to purchase an over-the-counter stool softener (for example – Dulcolax, or you may also ask the Pharmacist) to take along with these medicines. It is best to take most of these medicines with some food, as they can all cause a little stomach upset.

You may also receive Vistaril (promethazine). This medication helps control nausea.

You may have received Phenergan (promethazine) or Zofran (ondansetron). You may take these medications if you are having nausea or vomiting. You may also take the Phenergan pill with a pain pill to increase the effectiveness of the pain pill if needed.

FOLLOW-UP APPOINTMENTS:

You should have a **follow-up appointment** with your surgeon in about 2 weeks. You will also have an additional visit with the Physician’s Assistant within a few days of your surgery. Call (480) 964-2908 right away if you do not have an appointment already scheduled. We will check your incisions and remove any sutures at the 2-week visit. We will also answer any specific questions you may have about your surgery. You should start Physical Therapy within 3 days of surgery, as patients benefit from PT after hip arthroscopy.

CALL OUR OFFICE at (480) 964-2908 with any urgent or emergent questions or concerns that you may have, or if you develop swelling in your leg with calf pain, swelling that will not go away when you elevate your leg, a temperature above 101.4, or drainage from your incisions.

If you experience any of these symptoms: go to an **Emergency Department** close to your house: High fever (above 102.5), chest pain, difficulty breathing, fainting, or bleeding.