

## Post-Operative Instructions for Hip Arthroscopy

### Preparation

- Plan to take a few days off from work
- Schedule a follow-up office appointment 1-2 wks after surgery
- Physical Therapy is not routinely prescribed (managed on a case-by-case basis)
- If surgery is performed on the right hip, do not drive until you speak with your physician
- Specific instructions regarding weight bearing and activity will depend on your procedure

### Normal Expectations After Surgery

- Swelling and discomfort in the hip for up to 2 weeks
- Use crutches for 2-3 wks
  - Put weight on leg as tolerated
- If you have sutures, they are removed within 1-2 weeks
- No running or other impact loading exercises until cleared by Dr. Martin

### Pain Management

- Initially, you will not feel pain
  - once the injected anesthetic wears off, manage pain with your pain medication prescription
- Take your pain medication with food
  - Common side effects include nausea, dizziness, urinary retention, and constipation
  - Please call our office (617-732-8138) if you do not tolerate it well
- Do not operate machinery or vehicle while taking pain medications
- **Icing is most important in the first 72 hours after surgery but continuing can help with pain**
  - Apply every 1-2 hours for 30 mins
  - If ice is in a plastic bag, put a thin towel or t-shirt on your skin
- Narcotic Refills
  - Call during office hours (Mon-Thurs)
  - Not routinely refilled after office hours, Fridays or weekends
  - Please allow two days for processing

### General Instructions

- Eat a regular diet
  - Avoid alcohol, caffeine and smoking
- **KEEP BANDAGES CLEAN AND DRY. REMOVE THEM AFTER TWO DAYS**
  - Cover incisions with band-aids and do not use antibiotic creams
- You may shower 72 hours after surgery
  - Keep incisions dry with a dressing for 5-7 days
- **DO NOT submerge incisions directly** until at least 3 weeks after surgery
- We recommend that you take 1 aspirin (81 mg) daily for the first 3 weeks following your surgery

### What To Be Aware Of

- Urinating may be difficult for up to 8 hrs after surgery
  - Seek medical attention if you cannot urinate 8 hrs after being discharged
- Please call our office (617-732-8138) or the On-Call MD after hours (617-732-6660) if you have
  - Incision drainage for more than 48 hours
  - Redness
  - Calf pain with swelling
  - Fever
- Muscles surrounding the hip may be weak for a few days
- Numbness in the groin, genitalia & leg is a possible side-effect but typically resolves within a few weeks

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