

# Post-Operative Instructions Hip Arthroscopy

## Prescription Medications

### **Indocin/Indomethacin: \*NECESSARY**

- This medication helps to prevent excessive bone growth after surgery, which can occur with any surgery involving the hip joint.
- Take 75 mg tablet take once per day for 5 days in the evening, with food. This medication can cause stomach upset, so be sure to take it with food.
- If you are unable to tolerate this medication, please let the office know so we can put you on an alternative medication. Do NOT take ibuprofen, motrin, advil, aleve, or naproxen while taking this medication.

### **Protonix (Pantoprazole): \*NECESSARY**

- Take this medication to help with stomach upset due to Indocin postoperatively.
- Take 1 tab (40 mg) daily for 5 days

### **Aspirin: \*NECESSARY**

- This medication is given to help prevent blood clots after surgery. This may also cause stomach upset so try to take this with food as well.
- Please take 325mg daily.
- You will take this medication for a total of 30 days after surgery.

### **Percocet (Optional):**

- This medication is for pain.
- This medication is to be taken AS NEEDED.
- Plan to stay on a scheduled dose of 1-2 tablets every 6 hours for the first 2-4 days after surgery.
- After 2-4 days you should be able to space out or discontinue the medication.
- Do not drive, drink alcohol while taking this medication.

### **Colace (Optional):**

- Take 1-2 pills throughout the day to prevent constipation, which is common after surgery and while you are taking narcotics for pain control.
- It is normal to take several days to have a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration and constipation

### **Flexeril (Cyclobenzaprine) (Optional):**

- Take this medication to help prevent muscle spasm postoperatively.
- Take 1 tab (10 mg) every 8 hours as needed for muscle spasm; do not take more than 30 mg (3 tablets) in one day.

### **Zofran (Ondanestron) (Optional):**

- This is an anti-nausea medication. Take this AS NEEDED

## General Postoperative Instructions

### Wound Care and Showering

- Leave the surgical bandage on and do not shower for 48 HOURS.
- After 48 hours, remove bandages and gauze, but LEAVE STERI STRIPS (white tape, similar to white band-aids) in place during showers. It is normal to see bloody soaked fluid on the bandages.
- Apply waterproof band-aids to each incision prior to showering. If the wounds get wet while showering, this is OK; however, we prefer to keep the wounds dry during the first 5 days after surgery.
- In between showers, leave open to air with steri strips in place.
- Do not apply lotions or ointments to the incisions.
- Your stitches are absorbable under the skin – you will not need stitches removed after surgery.
- Do not soak incisions in any pool/bath water until 3 weeks postoperatively or until your incisions are completely closed.
- Do not allow pets to sit on your lap or sleep in your bed for at least 4 weeks following surgery. Pets may harbor fleas, mites or other organisms that may cause an infection.

### Physical Therapy

- Physical therapy should start ideally within the first couple days after surgery.
- If your surgery is on Friday, it is okay to wait until early the following week.
- Choose a PT clinic close to your home so that you are compliant with your program, and schedule your first appointment for the first couple days following surgery (be sure to call and schedule physical therapy PRIOR to your surgery).
- For your first visit, please bring your prescription for physical therapy, provided at your preoperative clinic visit. You and your therapist can access the physical therapy protocol on our website at [www.AngelinaVeraMD.com](http://www.AngelinaVeraMD.com) → Patient Info → Physical Therapy Protocols → Hip Arthroscopy
- At your first physical therapy visit, your therapist should instruct you on proper weight bearing and teach your family members how to perform passive, light circumduction of the hip.

### Weight Bearing

- **You will be WBAT (weight bearing as tolerated). Use crutches as needed after surgery to maintain a normal gait. Let pain be your guide.**
- Please walk with your foot flat and mimic normal gait.
- You may begin to progress your weight bearing slowly as directed by your therapist, unless you undergo a microfracture or labral reconstruction procedure (this will delay the time until you may begin full weight bearing, typically maintaining PWB for a total of 6 weeks following surgery).
- Getting off the crutches takes each patient a different amount of time.
- Don't try to rush yourself to get off the crutches.

## Ice

- If using the ice machine, the machine will automatically stay on to provide continuous low temperatures and limit inflammation postoperatively
  - Use it as much as you like or can tolerate for the first 72 hours.
  - After the first 72 hours, try to use it 4-5 times per day for the first two weeks after surgery.
  - You do not need it after 2 weeks.
- If using simple ice packs, ice the hip as much as you can for the first 72 hours – 20 minutes on, 20 minutes off.
  - Ice your hip 4-5 times per day after the first 72 hours.
  - Place the ice onto the hip over a thin layer of clothing or material, but never directly onto the skin.
  - Use as needed for the first 2 weeks.

## Biking

- Gentle, no resistance, upright, stationary biking can begin the day after surgery.
- Do NOT use a recumbent bike! NO Nustep!
- Use non-operative leg to push the operative leg around gently.
- 20 mins on upright bike
- You do not have to go out and buy a bike; rather, just use the bike while at PT.

## Ted Hose

- You will be given a pair of ted hose (stockings) to wear after surgery. These help in the prevention of blood clots postoperatively.
- Please wear these at all times for the first 2 weeks following your surgery. If they come above your knee to the thigh, you may cut them off so they end below the knee after the first week postoperatively.

## General Activity Levels

- It is beneficial to change positions often after hip arthroscopy. Alternate sitting, reclining, and lying down approximately every 30 minutes. Feel free to move around at home as much as you can tolerate, as we do not want the hip to get stiff.
- Spend 1-2 hours per day on your stomach.
- You will be permitted to drive (automatic transmission) **4 days** after surgery as long as you are not taking any narcotics and you feel comfortable doing so.

## Follow-Up

- A follow up visit will be scheduled with Dr. Vera 10-14 days following your surgery.
- Please call the office at 702-990-2290 if you don't have an appointment.
- Routine post-operative follow up appointments will be made 2 weeks, 6 weeks, and 3 months following surgery.

## When should you Contact the Office

- You have a fever > 101.4 (a low grade temp is expected after surgery, but let us know if it gets this high!)
- You develop chills or sweats
- You have pus or increasing redness and warmth surrounding the incision sites
- You develop calf swelling or calf pain after surgery
- You experience any chest pain or difficulty of breathing

## Possible Postoperative Complications and Risks

- **Infection:** The risk of infection is decreased with a sterile operating environment and antibiotics. Starting three days before your surgery, be sure to keep the skin of your hip as clean as possible using soap and water. Following surgery, careful handling of the incision sites reduces the risk of infection.
- **DVT:** Developing a DVT (deep vein thrombosis, aka blood clot) is decreased through instituting early motion, mechanical means (TED hose) and medications (Aspirin). Following the pre-operative and post-operative instructions will reduce the risk of blood clot formation.
- **Pain:** With any surgical procedure, there is a potential complication of pain. Medication, ice, rest, compression, elevation and therapy reduce post-operative pain.
- **Numbness:** With hip arthroscopy, there is a small chance of numbness in the genitalia region briefly postoperatively. Also, you may experience some numbness of the upper outer portion of the thigh on the operative leg after surgery. This is due to stretching of the lateral femoral cutaneous nerve, a sensory nerve that is close to the surgical area. This nerve may be stretched or bruised during the procedure. This is typical and the numbness should resolve over time.
- **Heterotopic Ossification:** Any time we operate around the hip joint, there is a small chance of heterotopic ossification, which is abnormal bone growth in the surrounding muscles. We give you Indomethacin for the first 5 days after surgery to help prevent this complication. Please make sure to take the Indomethacin after surgery.
- **Sexual Dysfunction:** Because we have to put the hip in traction during surgery to allow for instruments to go into the joint, there is a very small risk of nerve injury to the nerves that control sexual function. If this occurs, it is typically temporary and should resolve within 3 months following surgery.