

DR. WOODSON POST-OPERATIVE INSTRUCTIONS: HIP ARTHROSCOPY

WOUND CARE, DRESSINGS AND SHOWERING

On post-operative day 3 you may remove the dressings. Once you remove the dressings, you will visualize band-aids over your hip incisions, which were closed with absorbable sutures and waterproof skin glue. Use the compression stocking for 2 weeks.

You may shower on post-operative day 1, however, you must keep your bulky dressings clean and dry (i.e. plastic saran wrap). After removing your bulky dressings on post-operative day 3, leave the band-aids on while showering. Rinse with soap and water but no soaking or scrubbing of the incision. When drying off, remove the wet band-aids and pat dry incision before applying new band-aids. Repeat daily.

Until cleared by the surgeon:

- Do not use a hot tub, Jacuzzi, swimming pool, bath or submerge yourself in any other body of water.
- Do not apply any creams, lotions or ointments over the incisions.

BRACING, WEIGHTBEARING AND ACTIVITY

Labral Repair of the Hip: After surgery, you will be allowed to apply approximately 20 pounds of **FLAT FOOT** weightbearing with crutches until we advanced you at your first post-operative visit. It is recommended to utilize a stationary bicycle as soon as possible after surgery to get motion back into your hip joint. With the stationary bike, you will be pedaling without resistance for around 20 to 30 minutes twice a day.

- Boots will be applied to your feet, which will be utilized when sleeping for 4 weeks. The boots prevent your hip from turning outwards and causing stress to the repair. Use the boots when you are sleeping and while awake when sitting or laying down. You can remove the brace when using the stationary bicycle, showering and ambulating.
- A brace that attaches from the waist down to the leg will be utilized when walking for 4 weeks. The brace will be unlocked allowing your hip to bend to walk and sit. You may remove the brace and switch to the boots when sleeping.
 - The brace is sometimes difficult to apply after surgery so if you notice it is loose or not fitting properly, call the office and one of the medical assistants will adjust it for you in the office.

PAIN MANAGEMENT, ICING AND SWELLING

A pain medication prescription will be given following surgery. Pain medication may alter your ability to drive, and it is illegal to do so while on the medication. Also, do not make major life decisions while taking the pain medication as you may be impaired.

In addition, a non-steroidal anti-inflammatory (NSAIDs) may be prescribed for 2 weeks to prevent the development of heterotrophic ossification in the hip, which is the development of extra bone that sometimes occur after surgery. An example of an NSAID that may be prescribed is Naproxen 550mg that is taken twice a day.

In addition, sometimes a muscle relaxer may be prescribed and if so should be taken as directed.

Icing the hip is a great way to reduce pain and inflammation while also reducing the need of pain medication and speeding up the recovery process. You are encouraged to ice the hip multiple times a day. Never apply ice directly over the skin, wrap the ice around a small towel and apply it to the hip for 20 minutes at a time. Alternatively, you may utilize a continuous flow ice machine. Always ice after physical therapy and exercise for weeks following surgery.

Elevation of your leg will also help with reduction of pain and swelling. When elevating your leg, place cushions or pillows under your heel and calf so that your knee is at least 12 inches above the level of your heart.

PHYSICAL THERAPY

Call the physical therapist recommended by your surgeon. Physical therapy typically begin after your first post-op visit.

POST-OPERATIVE VISIT

You will have your first post-op visit within 2 weeks following your surgery. If you have any questions or concerns before then, call the office to speak to our on-call provider who can assist you. Signs and symptoms to look out for include fever over 102°, difficulties breathing, increased pain and swelling to the calves.