

Post-operative Instructions: Hip Surgery

You are recovering from arthroscopic hip surgery:

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your hip elevated as much as possible for the next few days.
2. Keep your dressing on for three days. Do not get it wet. You may shower by wrapping plastic over your dressing. After three days, you may remove the bandages and replace them with clean ones (e.g. waterproof band-aids, gauze and tape, etc.). Use the ace wrap as long as there is swelling in the extremity. Keep the wounds dry until your first post-operative visit after surgery.
3. Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call.
4. Use your cold therapy unit as directed (20 minutes on, 20 minutes off) until you are seen in the office.
5. You may walk with your crutches placing _____ on your leg and taking care to avoid hip extension. Remember that the surgery will cause your hip muscles to be weak, so take your time and be safe.
6. Your post-operative therapy begins on the day of surgery. You may begin ankle pump exercises and may practice knee range of motion as tolerated. Limit hip flexion to no more than 90 degrees and external rotation to no more than 20 degrees. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause sharp pain.
7. Post-operative pain is common but should be controlled by the prescription given to you. You may augment with over-the-counter Tylenol as needed. Most people use these medications for several days and then wean down to using Tylenol only.
8. Take Aspirin 81 mg by mouth twice daily for prophylaxis against blood clots.
9. You will be seen in the office on _____ for follow-up. Please call our office (517-884-6100) if you have any questions or concerns.