

Hip Arthroscopy

Preoperative and Postoperative Instructions

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ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Pre-Op Instructions

- Fill ALL prescriptions prior to surgery date but do not use these medications until after your surgery
- No Eating or Drinking after midnight on the night prior to surgery.
- Chlorhexidine scrub to surgical area on the night prior to surgery.
- Discontinue ALL aspirin products and Fish Oil supplements at least 7 days prior to surgery unless otherwise directed by myself or your primary care physician.
- Your 1st postoperative visit is typically is scheduled 7-10 days after your surgery
- A member of the Surgery Center will notify you of your arrival time the day before surgery

Post-Op Instructions

- You will need someone to pick you up from the surgery center after your surgery.
- You will have a dressing on your hip overlying the surgical incisions. Your hip dressing is waterproof. You may shower the next day after surgery. Two days after surgery you may remove the entire dressing. Gently wash the wounds with soap and warm water and towel dry. You may cover the incisions with band-aids until your post-op visit.
 - Do not take a bath or submerge your hip in water until your incisions are checked at your first post-op visit
- **Movement**
 - You are touch down (50%) weight bearing after surgery; it is required that you use crutches for 2 weeks postoperatively to provide you with extra stability and to protect your hip. Do not hyperextend or hyperflex your hip. This will be painful. Only move your hip within pain-free range of motion.
 - The day after surgery, once your nerve block has worn off, we encourage you to ride a stationary bike two times a day for 5-10 minutes at a time as tolerated. This will keep your hip from getting stiff after surgery. A continuous passive motion machine will be provided for you – you should use this machine 4 hours a day – 2 hours a day if utilizing the stationary bicycle.
- **Brace**
 - You have been provided a hinged hip brace; it is unlocked from 0-90°.

- A hip positioner brace has been provided for your use. Please wear it at night while you sleep for the first week after your surgery. This will keep your feet straight and not allow your legs to turn out.
- **Ice**
 - An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after surgery. You can begin to use the ice machine immediately after the surgery. Use the ice machine as much as possible at intervals of 30 minutes on and off. You should keep the ice machine approximately 2 weeks. Do not use the ice machine while you are sleeping.
 - If you are not using an ice machine apply ice to the surgical site 4 to 6 times daily for no longer than 20 minutes at a time.
- **Medications**
 - If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery. To control your pain during this transition while the nerve block is wearing off, eat first and then take a **long acting pain medication** (ex. Oxycontin). This should be repeated every 12 hours afterwards until the medication is completed. **Short acting pain medications** (ex. Vicodin, Percocet, Norco) can be taken in addition to the long acting medications on an as needed bases and can be repeated every 4-6 hours as needed. Do not take Acetaminophen (ex. Tylenol) in addition to short acting pain medications (these medications contain acetaminophen).
 - Do not wait for the nerve block to wear off before beginning pain medication as this may make pain control difficult.
 - The day of surgery begin taking 500mg of Naprosyn every 12 hours for 2 weeks to help with the inflammation and pain. This medication will help cut down the use of the short acting narcotic-based pain medication. However, if you still have pain after taking the ibuprofen, continue taking the pain medication every 4-6 hours as needed.