

### **Hip Arthroscopy Instructions**

- After arthroscopy the hip is covered with gauze and tape. These should generally be left in place for 72 hours. Due to the large amount of fluid used during the arthroscopy, it is normal to see some bloody drainage on the dressings. If bright red blood persists despite elevation and icing, please call the doctor. The dressing should be removed and wounds covered with waterproof Band-Aids on the third day after surgery. Do not remove the steri-strips or cut any of the visible sutures. Wounds should be kept dry for 72 hours. Showering is allowed with plastic covering the wounds. Unless otherwise instructed, after postoperative day 4, the wound may be exposed in the shower without scrubbing the area. The wound should not be submerged in a bathtub or pool until one week after the sutures are removed.
- Icing is very important for the first 5-7 days postoperative. While the post-op dressing is in place, icing should be continuous. Once the dressing is removed, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite to the skin.
- Full weight bearing is advised unless otherwise instructed at the time of surgery. Crutches or a cane may be necessary to assist walking. These aids are used to help with balance but not to remove weight off the leg. Leg elevation for the first 72 hours is also encouraged to minimize swelling. Home exercises are encouraged for at least the first 7 days after surgery. While exercise is important, don't overdo it.
- Perform the enclosed exercises (see diagram) the day after surgery.
- The anesthetic drugs used during your surgery may cause nausea for the first 24 hours. If nausea is encountered, drink only clear liquids (i.e. Sprite or 7-up). The only solids should be dry crackers or toast. If nausea and vomiting become severe or the patient shows sign of dehydration (lack of urination) please call your doctor. A low-grade fever (100.5) is not uncommon in the first 24 hours but unusual beyond. Please call the doctor with any temperature over 101.0 degrees. If a spinal anesthetic was used, patients may suffer a spinal headache.
- Please take an aspirin (325 mg) daily for 3 weeks. This may lower the risk of a blood clot developing after surgery. Should severe calf pain occur or significant swelling of calf and ankle, please call your doctor or go to the emergency room.
- Local anesthetics are put into the joint during surgery. It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is the time when swelling peaks. Using the pain medication as directed will help control pain with little risk of complication. Taking pain medication before bedtime will

assist in sleeping. It is important not to drink or drive while taking narcotic medication. If you were prescribed narcotic medication (i.e. vicodin, Percocet, etc.) you can supplement those medications with 200 mg or 400 mg of ibuprofen every 4-6 hours. You should resume your normal medications for other conditions the day after surgery. We have no specific diet restrictions after surgery but extensive use of narcotics can lead to constipation. High fiber diet, lots of fluids, and muscle activity can prevent this occurrence.

- Dr. Anbari will need to examine you 10-14 days after routine hip arthroscopy. Please call the office to schedule a follow-up appointment.
- Most patients are able to drive if surgery does not involve their right leg as soon as they stop taking narcotic pain medications. Driving while under the influence of narcotic medications is extremely dangerous and discouraged in all patients. Returning to school or work also depends on the degree of postoperative pain and the demands of your job. Pain is generally an appropriate guide.