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WellSpan Orthopedics

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Hip Arthroscopy:
Post-Operative Instructions

Activity:

- Foot-flat weight bearing with crutches should be utilized for the first two weeks (or longer if instructed)
- Use Ice or the Cryocuff as often as possible for the first 3-4 days, then as needed for pain relief.
- You may use a stationary bike with low/zero resistance as early as you wish if pain permits. Alternatively, you may choose to wait for your formal physical therapy appointment.

Dressings

- Remove the dressing 48 hours after surgery. Clean the surrounding skin with sterile water or rubbing alcohol and cover the sutures loosely with band-aids or a clean dressing. Be sure not to vigorously rub over any of the incision sites as they are still healing.
- Small amounts of bloody drainage, numbness at incision site, swelling, and bruising are normal findings following surgery.
- Fluid may leak from the incision sites over the first few days and the dressing may appear soaked with bloody fluid. If this happens please change the dressing as needed. This normally occurs after fluid irrigation during surgery.
- Do not use any ointments under band-aids.

Showering/Bathing:

- You may shower after 48 hours after returning home. You can allow the shower water to run down the incision. There is no need to cover the wound while in the shower.
- You should not scrub the incision. Be sure to pat the incision dry with a towel after showering.
- If wound drainage is noted, you should **sponge bathe instead of showering** until the drainage resolves.
- No submersion in water, including a bath, Jacuzzi, or swimming pool for six weeks and until given clearance by Dr. Day.

Medications:

- **HETEROTOPIC BONE PROPHYLAXIS FOR THE 1ST 7 DAYS POST-OPERATIVELY:**
 - Indocin SR (indomethacin) 75 mg, 1 tab by mouth with food, for 7 days only
 - Zantac (ranitidine) 150 mg, 1 tab by mouth daily, for 7 days only
- **ANTI INFLAMMATORY:** *Begin after 7 days of Indocin.*
 - Naprosyn (naproxen) 500mg 1 tab 2 times a day, for 3 weeks
- **PAIN MEDICINE:** as needed
 - Percocet or Vicodin 1-2 tablets taken as needed every 4 to 6 hours
- **PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES, OR DIFFICULTY USING ANTI-INFLAMMATORY MEDICATIONS OR ASPIRIN, OR HAVE A HISTORY OF ULCER DISEASE.**

Physical Therapy

- Please call to schedule a physical therapy appointment 5-10 days after surgery.

Follow up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment, please contact the office to schedule an appointment to be seen approximately 14 days after your surgery.
- You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Sutures will also be removed at that time.
- Call the office immediately if you develop a fever (>101.5), chills, chest pain, shortness of breath, excessive incisional drainage (more than 4 days), or persistent numbness.
- If you have any questions or concerns, please feel free to call the office.