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**HIP ABDUCTOR REPAIR SURGERY**  
**POST-OPERATIVE INSTRUCTIONS**

**Activity:**

- Foot-flat weight bearing with crutches should be utilized for six weeks (or longer if instructed)
- Use Ice or the Cryo-cuff as often as possible for the first 3-4 days, then as needed for pain relief.

**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:

- You have been prescribed one of the following **pain medications**:
  - Oxycodone– Please take 1-2 tabs every 4-6 hours as needed for severe pain.
- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Please take Tylenol, 1000mg every 6 hours for the first 3 days as this has significantly less side-effects compared to narcotic pain medication. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**
- You have also been given a prescription for Aspirin to take 1 tablet (81mg) daily with breakfast for 6 WEEKS for DVT/blood clot prophylaxis.
- You may also have been given a prescription for Zofran, an anti-nausea medication. Please take this medication as needed for nausea
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.
- Excessive use of pain medication can lead to an increased incidence of side effects and long- term dependency issues. Please take the pain medication as directed and understand that the medications are meant to minimize pain in the initial post-operative phase but may not relieve pain completely.

## Physical Therapy

- Please call to schedule a physical therapy at your earliest convenience.

## 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.