

POST OPERATIVE DISCHARGE INSTRUCTIONS

PROCEDURE: **Hip Arthroscopy**

ACTIVITY:

- You may walk on your leg with or without crutches as a matter of comfort.
- Twice a day for 10 to 15 minutes, make sure to have motion and muscle contraction. Continue this for three weeks.
- DO NOT drive a vehicle while taking pain meds.
- Expect four months to return to vigorous activity.

DIET:

- Drink plenty of fluids
- Your appetite after surgery may be less than normal, do not force yourself to eat. Eat only when you feel hungry.
- Follow your diet as tolerated. Avoid greasy or fatty foods for the first two weeks after your surgery.

DAILY INCISION CARE:

- Your incision may be covered with waterproof dressing (Tegaderm).
 - Your dressing may be removed after the third day.
 - It will be safe to shower 72 hours following surgery. It is ok to get the incision wet, but do not scrub it.
 - Apply ice packed to operative area for 20 minutes each time, every 2 hours while awake.
- If Dermabond (skin-glue) was used to cover your incisions, let it peel off when it is ready.
 - Do Not pick at it or attempt to remove prior to three days following your surgery.
 - It is OK to shower one day after surgery, if Dermabond was used.

COMMON PROBLEMS:

- You will have a bowel movement at home in the next few days. If you are unable to move your bowels, you can take any over the counter laxative or enema preparation.
- If you are taking narcotics for pain relief, you will need to take a stool softener.

CALL YOUR PHYSICIAN IF:

- You have chills or your temperature is greater than 101F
- You have new redness in the incision or increasing pain
- You have persistent bleeding, nausea, or vomiting

If you have any questions or concerns, please call contact your Physician's office at 661-324-2491



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