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Post-Operative Instructions: HIP ARTHROSCOPY, LABRAL REPAIR

Activity

- Rest the day of surgery.
- During the first 48 hours, ice can be helpful to decrease pain and swelling. Ice bags/packs should never be applied directly to the skin. They should be wrapped in a towel and applied for 15 to 20 minutes every 3 hours for the first 24 hours and continued for 2 to 3 days.
- When at rest, elevate your leg with a pillow under your heel, not your knee to help decrease swelling.
- You may put 50% of your weight on the operative leg and walk with crutches.
- Return to (sedentary) work or school a few days after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by the Dr. McCormack.
- Driving is not recommended when taking narcotic pain medicine.

Medications

- You will have three prescriptions: Aspirin (325 mg twice daily) to prevent blood clots, an anti-inflammatory medication (usually Celebrex 200 mg daily which you should take every day for three weeks), and a pain medication
- It is common to have post-surgical pain for the first week or two following your operation.
- It is strongly recommended that you take your pain medication (Percocet) regularly for the first two to three days after surgery (even if your pain is mild) in order to avoid rebound pain (and the need for "catch-up" pain control).
- Constipation is a common side effect from narcotic pain medication. Over the counter Miralax (Polyethylene Glycol) can alleviate this symptom.
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

Dressings

- Remove the outer dressings and yellow gauze 24 hours after surgery and cover the sutures loosely with band-aids.
- Small amounts of bloody drainage, numbness at incision site, knee swelling and bruising are normal findings following surgery.
- Do not use bacitracin or any ointments under band-aids.
- Keep your sutures clean and dry. If you wish to shower, wrap plastic around knee and pat dry after showering. **DO NOT SOAK** in a bath tub.

Physical Therapy

- Formal therapy is recommended to facilitate a speedy functional recovery.
- Schedule your first Physical Therapy appointment to begin a couple days following surgery at one of the areas listed in the enclosed physical therapy list in your green folder.
- Give the therapist the PT prescription and rehabilitation protocol which will be given to you in the office.
- You may begin your hip rehab immediately while awaiting PT. Home exercises to be performed 2-3 times daily include (see pages 3, 4, and 5):
 - o Gentle range of motion of the hip: lie flat, slide heel up to your buttocks and down again; repeat 10 times
 - o Ankle pumps
 - o Standing range of motion exercises of hip (adduction, flexion, extension)
 - o Isometric muscle exercises (squeeze the muscle and hold for a 5 second count, repeat 10 times): gluts, hip adductors, quads, hamstrings

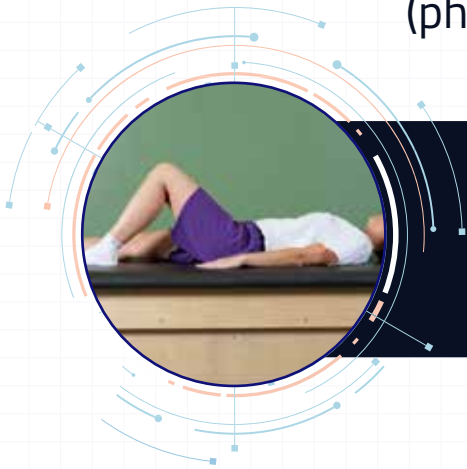
Follow Up

- Please call the office to schedule an appointment for the day after surgery for follow up.
- Call the office immediately if you develop a fever (101.5), chills, excess incision drainage, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office

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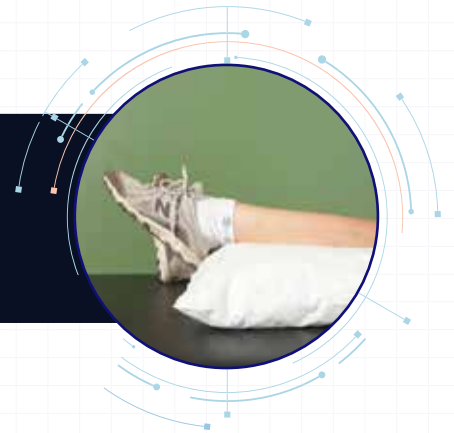
Home Hip Exercises

(photos courtesy of Dr. Thomas Byrd)



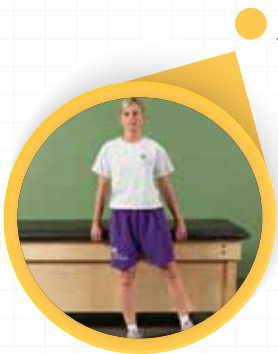
- 1.** Gentle range of motion of your hip. Start with your leg straight and gradually slide your heel up until it touches your buttocks. Gradually slide your foot forward until your leg is straight. **Repeat 10 times.**

- 2.** **Ankle pumps:** pump your ankles up and down 10 times. **Perform 3 sets.**

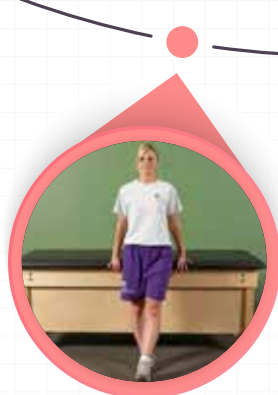


- 3.** Standing range of motion exercises. For each direction, start with your leg off the ground next to the nonoperative leg. Bring your leg in the desired direction until you feel a stretch. Bring your leg back slowly to the starting position. Repeat 10 times for each direction

a. Abduction



b. Adduction



c. Flexion



d. Extension



4. Isometric muscle contractions. For each muscle, squeeze (contract) the muscle for a 5 second count, then gradually relax. **Repeat 10 times**

