

# ORTHOMO

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## Postoperative Instructions for Outpatient Hip Surgery

### Your Surgery Included:

#### Arthroscopic

- Diagnostic
- Debridement
  - Labrum
  - Cartilage
  - Synovium
- Loose body Removal
- Labral Repair
- Femoral Neck Osteoplasty
- Psoas Tendon Lengthening
- Trochanteric Bursectomy
- Gluteus Medius Repair

#### Open

- Femoral Neck Osteoplasty
- Trochanteric Bursectomy
- Gluteus Medius Repair
- Hardware Removal
- Joint Replacement

1. **Explanation:** Hip surgery is commonly done in an 'outpatient' setting allowing you to have surgery and return home both safely and comfortably the same day. On occasion, a patient will have nausea or pain severe enough to require overnight hospitalization.

2. **Pain Management:** A cold therapy cuff, pain medications, local injections, and in some cases, regional anesthesia injections are used to manage your post-operative pain. The decision to use each of these options is based on their risks and benefits.

**Cold Therapy:** You may have been sent home with a cold wrap for your hip. This wrap will help relieve pain and control swelling. Use the wrap throughout the day for the first several days and then as needed.

3. **Medications:** You were given one or more of the following medication prescriptions before leaving the hospital. Have the prescriptions filled at a pharmacy on your way home and follow the instructions on the bottles. If you need a refill on your medication, please call your pharmacy.

**Pain Medication (usually Norco or Percocet):** Begin taking the opioid medication before your hip begins to hurt. Some patients do not like to take any medication, but if you wait until your pain is severe before you take this medication, you will be very uncomfortable for several hours waiting it to work. Always take opioid medications with food.

**Anti-inflammatory (Indocin and naproxen):** If prescribed, take these medications as directed for 1 month regardless of your pain level. It helps prevent your body from growing reactive bone in the soft tissues after surgery.

**Zofran:** If you have nausea at home, use this medication as directed.

**Antibiotic (Keflex or Cleocin):** Depending on the procedure, you may have been sent home with a 1 or 2 day course of an antibiotic. Take as directed.

4. **Diet:** Eat a bland diet for the first day after surgery.

5. **Activity:** After you arrive at home, spend most of the first 24 hours resting in bed, on the couch, or in a reclining chair. After the first 24 hours, slowly increase your activity level based on your symptoms.

6. **Dressing Change:** Remove the dressing on the 2<sup>nd</sup> or 3<sup>rd</sup> day after surgery. It is normal for some blood to be seen on the dressings. It is also normal for you to see apparent bruising on the skin around your hip when you remove the dressing. If present, leave the steri-strip tape across the incisions. If you are concerned by the drainage or the appearance of your hip, please call the office.

7. **Showering:** You may shower on after your first dressing change with waterproof dressings on. Do not let the wound soak in water until sutures are removed.

8. **Temperature:** It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101.5°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

9. **Hip Brace:** You will be in a special **hinged hip brace**. You will be able to (and are encouraged to) move and walk with the brace. The brace is to be worn *for sleeping, sitting, standing, and walking for 2 weeks*. The brace is used in the early stages of healing. It may be removed for exercises and when awake at rest.

10. **Weight Bearing:** You may have been sent home with crutches. Unless otherwise instructed (see below), you may weight bear on the affected leg as tolerated after surgery.

- Non-weight bearing for \_\_\_\_ weeks (you may touch your toes to the floor)
- Partial (25%) weight bearing for \_\_\_\_ weeks
- Full weight bearing after \_\_\_\_ weeks

11. **Physical Therapy:** Physical therapy is an essential component to your recovery from surgery. Unless other instructions are given, you will begin PT within 48 hours after surgery.

A nurse or medical assistant will be checking up with you following your surgery. Your first post-operative visit will be 10-14 days after surgery and is normally scheduled prior to your surgery day. If you have any problems, please contact my team at the office at (314) 380-9510 or e-mail us at [teamnawas@orthomo.com](mailto:teamnawas@orthomo.com).