

Post-Operative Instructions
Hip Arthroscopy

1. Remove the surgical dressings 3 days after surgery:
 - 3 days after surgery you may shower. Gently pat the area dry after showering with a clean towel.
 - Do not submerge the hip in water: no baths, swimming, or hot tubs.
 - Apply fresh dressings (gauze) as needed to wound sites, or leave open to air if the wounds are not draining.
 - Please do not use bacitracin or other ointments overtop incisions.
2. Use ice packs as often as possible: 20 minutes at a time, 4-6 times per day:
 - It is normal to have swelling of the thigh for several days after surgery.
3. Walk with crutches at all times. You may only place 20 lbs. of weight on the operated leg.
4. Wear the brace at all times. You may remove the brace:
 - During physical therapy
 - While on the bike or CPM
 - Showering
5. Begin physical therapy as instructed and continue per the American Hip Institute protocol.
6. Please provide your therapist with the physical therapy protocol provided to you.
7. The day after surgery begin → stationary bike use: 2 hours per day **OR** CPM machine use: 4 hours per day.
 - Use the bike or CPM in 5-30 min increments, as your hip tolerates
8. If you develop a fever (>101.5°F), redness, or drainage from the surgical incision site, please call our office to arrange an evaluation.
9. You may experience some low back pain due to muscle spasms from anesthesia or positioning in surgery. If this happens, apply an ice or heat pack to the area and take medications as prescribed.
10. Please take blood thinners as prescribed.
 - Begin the day after surgery. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
11. Wear compression stockings (TED hose) for 4 weeks postoperatively.
12. Use narcotic pain medications only as needed – you may discontinue use of the pain medication once your pain is controlled with Tylenol or icing alone.

Weight Bearing Instructions:

- 2 weeks 20# flat foot WB
- 6 weeks 20# flat foot WB
- 8 weeks 20# flat foot WB

Brace Instructions:

- 2 weeks
- 6 weeks
- 8 weeks

Begin Physical Therapy:

- Postoperative day 1 or 2
- 6 weeks postop
- 8 weeks postop

If you have any questions feel free reference your hip arthroscopy booklet or call our office at 833-USA-HIPS (833-872-4477) or email us at info@americanhipinstitute.com