

## **Post-Operative Instructions**

### **Open Hip Surgical Repair**

1. Remove your surgical dressing 3 days after surgery.
2. You may shower 3 days after surgery using gentle soap and water. Gently pat the incision dry after the shower. You may apply a fresh gauze dressing to the incision after the shower, or leave open to air if the wound is not draining.
3. Please do not use bacitracin or other ointments/creams on the incision site or under the bandage.
4. Do not submerge the incision under water. No baths, no hot tubs, no pools and no swimming until the wounds are fully healed and you have received clearance by the American Hip Institute.
5. Use ice packs 3-4 times per day to help control pain and swelling.
6. Please call the office to schedule a follow up appointment 10-14 days following surgery if you do not already have an appointment scheduled.
7. If you develop a fever ( $>101.5^{\circ}\text{F}$ ) or redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. 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.
9. Do not use anti-inflammatories for 6 weeks after surgery. (No Ibuprofen, Advil, Motrin, Aleve, Excedrin, Mobic, Celebrex, etc.)

#### **Weight Bearing Instructions:**

- 2 weeks 20# flat foot WB  
 6 weeks 20# flat foot WB  
 8 weeks 20# flat foot WB  
 Other: \_\_\_\_\_

#### **Brace Instructions:**

- 2 weeks  
 6 weeks  
 8 weeks  
 Other: \_\_\_\_\_

#### **Begin Physical Therapy:**

- 1-2 days after surgery  
 6 weeks after surgery  
 8 weeks after surgery  
 Other: \_\_\_\_\_

If you have any questions feel free to call our office at  
**(833) USA-HIPS (833-872-4477)** or email at [info@americanhipinstitute.com](mailto:info@americanhipinstitute.com)