



**PATIENT INFORMATION**  
**Postoperative Care**  
**What to Expect Following Hip Arthroscopy Surgery**

**Patient:** \_\_\_\_\_ **MR#:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

Following your arthroscopy surgery we will be in close communication via phone calls to both you and physical therapy as needed afterwards. Below is additional information regarding what to expect following surgery.

**What to Bring to Surgery:**

- Brace
- Ice machine pad (optional)
- Crutches in your car

**What NOT to Bring to Surgery:**

- CPM machine
- Medications
- Ice machine (optional)

**Timeline:**

Postoperative Day (POD0) = the day of surgery

- POD1 - The day after surgery
  - Start CPM machine
  - Start aspirin
- POD2 - Two days after surgery
  - Remove bandage
  - OK to shower with waterproof bandage
- POD5 – Five days after surgery
  - OK to shower without waterproof bandage
  - Start physical therapy

**Wound Care:**

There are 2 small incisions on your upper thigh. Stitches are placed under the skin and dissolve on their own so stitch removal will not be necessary unless you are told otherwise. On top of the incisions are steri-strips (sticky cloth strips). Keep the steri-strips on until they fall off, which will be several weeks.

You will have a large white bandage on your operative hip. You can remove that bandage 2 days after your surgery. You are able to shower after removing the large bandage 2 days after surgery, but keep the incisions/steri-strips dry for a total of 5 days. You can get some waterproof bandages from most drug stores. Do not submerge in water; no baths, hot tubs, swimming pools, etc.

You will come out of surgery with your brace in place. Do not remove the brace or adjust it for 2 days unless you are told otherwise. If you chose to get the ice machine that will also be on you when you leave the operating room.

### **Prevention of Blood Clots/DVTs (Deep Vein Thrombosis):**

Aspirin and calf pumps

- Wear calf pumps while sedentary (while sleeping at night and resting or sitting during the day). This equipment can be obtained through DME Services on the first floor of our Morton Grove office. If your surgery is at a surgery center your calf pumps will be supplied to you.
- Aspirin 325 mg twice a day; once in the morning, once at night. Start first dose morning after surgery. This is an over-the-counter drug. Please stop at a pharmacy before surgery to pick this up. Take aspirin with food, as it can upset your stomach.

If you have any history of previous blood clots, please let me know.

### **Physical Therapy Expectations:**

There are 4 phases of physical therapy. You will be in each phase for 3 to 4 weeks. Phase 1 of physical therapy will start 5 days after surgery. At your preoperative visit, you will receive a script for outpatient physical therapy. You will need to call a location that is convenient for you to set up your outpatient therapy. I would recommend doing this prior to your surgery.

### **Continuous Passive Motion (CPM) Machine:**

The CPM machine is a device that passively moves your leg for you, which helps prevent scarring inside the joint. You will start this the day after surgery. You will do 2-3 sessions per day depending on if you had physical therapy that day. Each session will be 2-3 hours.

### **Weight Bearing:**

You will be toe-touch weight bearing 5% for the first 3 weeks. You can use crutches or a walker to do this.

### **Medication:**

You will receive prescriptions for medication from us to use postoperatively. It is recommended that you fill these prescriptions before surgery so they are available as soon as you come home. These prescriptions will only be used at home. The hospital/surgery center staff will provide you with any medication you need while you are at that facility.

**\*\* Aspirin is the only required medication \*\***

**\*\* None of the medications below are required; they are just for symptom control \*\***

**Norco** – narcotic pain reliever:

This medication is mind altering so you will not be able to drive or operate any other machinery while on this medication. Common side effects are constipation, nausea, dizziness, and itchiness.

**Senokot** – stool softener:

This is to take if you get constipated while taking the Norco.

**Naproxen** – anti-inflammatory:

This medication helps with pain and swelling. Common side effects are upset stomach, acid reflux, and bloating. Take this medication with food. This medication is in the same drug class as ibuprofen. Do not take ibuprofen-like medication with naproxen.

Please feel free to call any time with questions or concerns:

During business hours (Mon-Fri 8am-5pm), (847) 324-3902

After 5pm and on weekends, 847-375-3000