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## POSTOPERATIVE INSTRUCTIONS – HIP ARTHROSCOPY WITH LABRAL REPAIR

### MOVEMENT

You are touch down (50%) weight bearing after surgery; it is required that you use crutches for 2 weeks postoperatively to provide you with extra stability and to protect your hip. Do not hyperextend or hyperflex your hip. This will be painful. Only move your hip within a pain-free range of motion. You have been provided a hinged hip brace – this is to be used for your comfort only while ambulating for the first two weeks after surgery; it is unlocked from 0 – 90 degrees.

The day after surgery, once your nerve block has worn off, we encourage you to ride a stationary bike two – four times a day every day for 5-10 minutes as tolerated. This will keep your hip from getting too stiff immediately after surgery. If a continuous passive motion machine was provided for you – you should use this machine for 4 hours a day – 2 hours a day if utilizing the bicycle.

### SLEEP

A hip positioner brace has been provided for your use while sleeping. Please wear it at night while you sleep for the first two weeks after your surgery. This will keep your feet straight and not allow your legs to turn out.

### ICE

An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping. If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day.

### MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. knee). To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Norco, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4-6 hours as needed.

You have also been given an anti-inflammatory prescription called Naprosyn. You should begin taking this medicine the night of the surgery. You are to take 500mg (1 tab) two times daily. This medicine serves two purposes: 1. It will help cut down on the use of the narcotic medicine, and 2. Prevent bone from re-growing around the hip joint. You are to take this medication for an entire month.

### DRESSING/BANDAGES

Your hip dressing is waterproof. Three days after surgery you may remove the entire dressing. Gently wash the wounds with soap and warm water and towel dry. You may then cover the incisions with band-aids until your post op visit. Do not take a bath or submerge your hip in water until your incisions are checked at your first post-op visit.

### EMERGENCIES

It is normal to have a low grade fever during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, if there is increased drainage from the incision sites, or uncontrolled pain. Please call 911 if you experience chest pain or shortness of breath.

### APPOINTMENT

Your post-operative appointment has been scheduled prior to your surgery. Your appointment will be around 7-10 days after your surgery. Please contact the office if have questions about when your appointment will be.