**Post-Operative Instructions: Arthroscopic Hip Surgery**

**Your post-op appointment is on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your post-op prescriptions have been sent to:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your post-op appointment is at** *(check one)***:**

 UOC Altoona, 3000 Fairway Dr, Altoona, PA 16602, Phone: 814-942-1166

 UOC Roaring Spring, 121 June Dr, Roaring Spring, PA 16673, Phone: 814-231-2101

 UOC Bedford, 125 Willow Grove Dr, Everett, PA 15537, Phone: 814-231-2101

 UOC DuBois, Rice Complex, 90 Beaver Dr, Building D, Suite 211, DuBois, 15801, Phone: 814-231-2101

 UOC Huntingdon, JC Blair Memorial Hospital, 1225 Warm Springs Ave, Huntingdon, PA 16652,

Phone: 814-231-2101

 UOC Ebensburg, 1100 West High St, Ebensburg, PA 15931, Phone: 814-231-2101

 UOC Johnstown, 1450 Scalp Ave, Suite 301, Johnstown, PA 15904, Phone: 814-942-1166

Ice and elevation

During the first few days after surgery it is very important for you to elevate your leg and to ice your hip as much as possible. You may apply ice to your hip for 20 minutes at a time every 1 to 2 hours while awake. The more you can ice your leg the less pain and swelling you are going to have. While icing your leg, occasionally rotate your ankle in clockwise and counterclockwise circles to improve circulation and help prevent blood clots.

Pain

Some pain after surgery is normal and should be expected! You may be prescribed a narcotic medicine to help relieve your pain. While we will refill your medication during your early recovery, we will wean down over time the dose of narcotic that is prescribed. We will not provide anyone narcotics on a long-term basis.

You have been prescribed the following pain medication *(see checked box)*:

 Oxycodone IR (an as needed pain medicine)

 Hydrocodone/acetaminophen (an as needed pain medicine)

 Acetaminophen/codeine (an as needed pain medicine)

 Tramadol (an as-needed pain medicine)

Please take medication only as prescribed. We will not be able to refill any prescriptions if medication is taken in excess of the prescribed dose.

You may also take 600mg ibuprofen (aka Advil, Motrin, etc.) every 6 hours in addition to the prescribed medication to relieve your pain as long as you are not already on any other anti-inflammatories. If you are prescribed a medication containing acetaminophen, do not take any over-the-counter medicines that contain additional acetaminophen (aka Tylenol). It is normal to require some form of pain medication temporarily after surgery.

Wound care and bandaging

For the first 2 days after surgery do not allow your bandages to get wet. Getting your bandages wet will increase your risk of infection. You will need to change your dressings 48 hours after surgery. Follow the steps below to change your bandage:

1. Remove the original bandage from the hip.
2. If you have stitches or steri-strips over your incisions, do not remove them! We will remove any stitches or steri-strips in the office at your postoperative appointment.
3. To clean your hip, dampen a piece of gauze or a cotton ball with either hydrogen peroxide or rubbing alcohol and pat the skin around your incisions.
4. Cover your incisions with clean gauze and tape the bandage to the skin.
5. Change the bandage daily. If you are having no drainage from your incisions, you may cover them with band-aids instead of gauze.

Slight or occasional drainage is normal in the first few days after surgery. If you are having a lot of drainage, such as soaking a bandage in less than 30 minutes or heavy drainage lasting more than 3 days after surgery, please call the office to speak to your surgeon’s nurse or physician assistant.

Bathing

Initially after surgery you should sponge bathe yourself. Clean the area around your incision as directed above. Do not put any creams or lotions on your incision. If your incision is completely dry, you may begin showering 48 hours after surgery. When you do this, you may let soapy water run over the incision, but do not scrub the incision. You may not take a bath or get into a pool or Jacuzzi until given permission to do so. Do not begin showering if you are having drainage from your incision.

Reasons for concern

If you have any of the following signs, please call our office at any time:

* + Redness or excessive drainage around the incisions.
	+ A temperature greater than 101.5°.
	+ Persistent numbness or weakness in your leg.
	+ Pain, redness, tenderness, or significant swelling in your calf or pain in the calf when the foot is pulled upwards. This may be the sign of a blood clot and should be reported to the office immediately. Do not massage your calf or you may dislodge a clot.

Blood thinners

You may be prescribed a medication to lower the risk of blood clots following surgery. Please take the following medication as prescribed *(see checked box)*:

 Aspirin 81mg daily x 30 days

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Additional medications

You may be prescribed additional medications depending on the type of surgery performed and your anticipated recovery *(see checked box)*. These will be called into your pharmacy:

 Zofran – an anti-nausea medication to use to decrease nausea from pain medication or anesthesia

 Docusate – a stool softener to prevent constipation

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Activity and physical therapy

You are allowed to perform the following activity with your operative leg *(see checked box)*:

 Non-weight-bearing – you may not put any weight or pressure on your operative leg. All of your weight must go on the nonoperative leg. You will need to use crutches or a walker until you are allowed to put full weight on your operative leg.

 10% weight-bearing (toe-touch) – you may only put enough weight on your operative leg to keep your balance while standing. You will need to use crutches or a walker until you are allowed to put full weight on your operative leg.

 50% weight-bearing – you may only put half of your weight on your operative leg to keep your balance while standing. You should weigh yourself on a bathroom scale. Set off the scale and then begin to step on the scale with your operative leg only. When the scale reads half of your full weight, that current feeling in your leg is what you want to reproduce while walking. You will need to use crutches or a walker until you are allowed to put full weight on your operative leg.

 Weight-bearing as tolerated– you may put as much weight on your operative leg as is comfortable. You may need to use a walker or crutches to walk comfortably until you feel ready to walk without them.

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If you are prescribed physical therapy, you will receive a prescription for therapy at your first postoperative appointment. Take the prescription to a therapist of your choice. You must bring your prescription to your first therapy appointment because they will be unable to start therapy without it.

If your surgery was performed as part of a Worker’s Compensation claim, it is a state law that we must define any tasks that you can perform. We are unable to list you as fully disabled beyond the first few weeks after surgery. All work restrictions and allowed activity will be reported to your employer and Worker’s Compensation insurance carrier.

Driving an automobile

You will be allowed to drive a car once you are able to walk stably and feel that it is safe for you to drive. You must also be off any narcotic pain medication before you are allowed to drive. Most people return to driving within a few weeks after surgery.

Prescription refills

For prescription refills and questions, please call the office early in the day to expedite our call to a pharmacy. If you leave a message, please include your name, phone number, date of birth, name of medication requested, any drug allergies, pharmacy name, and pharmacy phone number.

Questions or problems

If you have any questions or concerns, please contact the office at 814-942-1166. When the office is closed, there is someone on call for emergencies only. If you have an emergency, please call the office or go to the nearest emergency room.

*We at University Orthopedic Center wish you a speedy recovery! We will do our best to help you as you recuperate from your surgery. Please call us if you have any questions or concerns.*

*Thank you!*