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Hip Arthroscopy- Post Operative Instructions

Day of Surgery

1. Immediate Post-op Restrictions

- For the first 2 weeks you should only perform toe-touch weight-bearing (<20 lbs) on the operative extremity unless otherwise instructed
- If a labral repair was performed, hip flexion should be limited to less than 90 degrees, external rotation < 30 degrees- both x 6 weeks

2. Ice

- Apply ice to the surgical site for 20 minutes at a time, 5-6 times a day

3. Medications

- You will be provided a prescription for post-operative pain medications – these can be used as needed for pain control following the instructions provided
- Additionally, anti-inflammatories (Naproxyn) and anticoagulants (Aspirin) will be prescribed for a specific duration – these **MUST** be taken as prescribed to prevent post-operative complications (heterotopic ossification + DVT)

Day One until First Post-Operative Visit

4. Wound Care

- Due to the arthroscopic fluid used during surgery, oozing from the incision may occur and the dressing can become soaked with blood tinged fluid. Please change the dressing as needed with sterile gauze pads from your local pharmacy. This should resolve within 24-48 hours
- You may remove the dressing on post-op day #2 and apply band-aids to wound sites to be changed daily for 10-14 days.
- Please do not use polysporin or other ointments under the bandage as the wounds should be allowed to dry.

- You may shower on post-op day #2 if the incisions are dry. **MAKE SURE EACH INCISION IS COVERED WITH A WATERPROOF BANDAID DURING YOUR SHOWER ONLY.** Gently pat the area dry after showering and use regular band-aids over each incision throughout the day to allow the incisions to dry & heal.
- Do not soak the hip in water or go swimming in a pool or in the ocean until your sutures are removed. Typically getting into a bath or pool is permitted 2 days after the sutures are removed, unless otherwise instructed.
- Sutures will be removed at your 2 week appointment

5. Physiotherapy

- Appointments should be scheduled within the first week after surgery
- Unless otherwise specified, your Physiotherapist should follow the available protocol on the Fowler Kennedy website www.fowlerkennedy.com → Patient resources → Physiotherapy → ‘Hip Arthroscopy Protocol for Femoroacetabular Impingement (FAI)’

6. You may experience numbness or tingling (neurapraxia) in your groin, around incision sites, along your outer thigh, or the top of your foot. It is temporary and will resolve in a few days or up to 4 weeks.

7. Driving

- If your operative leg is your right leg, driving is not permitted for 6 weeks
- If your operative leg is your left leg, driving is permitted 2 weeks after the surgery if you meet the following criteria:
 - i. You no longer take narcotic pain medications
 - ii. You drive an automatic car. If you have a manual car, you could drive after 6 weeks.
 - iii. You can safely get in and out of your car. Please ask your physical therapist for instructions.

8. If you are experiencing the following symptoms, please call our office

- Fever (temperature of 38.5 degrees Celsius or over)
- Redness or yellow/brown/green drainage from the surgical incision site
- Persistent severe sharp pain not relieved by pain medication
- Persistent and increasing swelling and numbness of the hip/leg
- Calf pain or swelling

Please Call our Office with any Concerns 519-661-2171