

Post-Operative Instructions Hip Arthroscopy

1. Removed the dressing on POD#2. Day of surgery is considered POD#0
2. Apply dressings as needed to wound sites (Band-Aids or Dry Dressings)
3. Do not use bactitracin or other ointments under the bandage. Use the cryocuff or ice packs as often as possible, and at least 30 minutes four times per day.
4. An Ace wrap may be used to help you control swelling. Did not wrap the Ace to thickly or cryocuff will not penetrate.
5. Walk with crutches at all times. He may place ONLY 20 lb of weight on the operated leg.
6. Wear the brace at all times. You may discontinue the brace:
 - During physical therapy
 - While on the bike or CPM
 - Bathing
7. Physical therapy appointment should be scheduled as soon as you leave the hospital.
8. Therapy as per Dr. Kerns' protocol. Have therapist contact our office with any questions, and please make sure your therapist has Dr. Kerns' protocol.
9. Use a continuous passive motion (CPM) machine at least 4 hours per day. Motion can begin at 30-70 degrees, and progress to 0-90 degrees as soon as possible. You may replace CPM with stationary bicycling for at least 2 hours per day.
10. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
11. Do not soak the hip in water or go swimming in the pool or ocean until your incisions are healed.
12. Driving is not encouraged until you are off of crutches and out of the brace and then only if you have stopped taking pain medication and feel you can drive safely.
13. Please call the office to schedule a follow-up appointment 10-14 days if you do not are any have an appointment scheduled.
14. If he develops a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
15. He may experience some low back pain due to muscle spasm from anesthesia or traction. If so, apply an ice pack to the area and take analgesics as prescribed.
16. ASA 325 mg PO twice daily x 1 month or other anticoagulation regimen should have been provided. Begin the day after surgery. Take as directed to prevent blood clots. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
17. Wear TED hose for 4 weeks postoperatively. May discontinue a sleeping.
18. Discontinue pain meds when able

Weight Bearing Instructions:

- 2 weeks 2-# 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:
-

If you have any questions feel free to call our office

(989) 583-7450