



DISCHARGE/POST-OP INSTRUCTIONS

HIP ARTHROSCOPY

Medication given may have significant effects after discharge; therefore, on the day of surgery:

1. You must be accompanied by a responsible adult upon discharge and for 24 hours after surgery.
2. Do not drive a motor vehicle, operate machinery, power tools or appliances, drink alcoholic beverages or make critical decisions for 24 hours.
3. Be aware of dizziness that may cause a fall. Change positions slowly.
4. EATING: You may resume your regular diet but it is better to increase intake slowly with liquid and work up to solid foods.
5. PAIN: You may have been given a prescription for medication. Begin taking your pills as soon as pain returns. If this medication does not provide adequate relief, call your surgeon.
6. NAUSEA/VOMITING: Nausea and vomiting may occur as you become more active or begin to increase food intake. If this should happen, decrease activities and return to liquid. If the problem persists, call your surgeon.
7. URINATING: Notify your surgeon if you have not urinated within 12 hours after discharge.
8. ICE: Apply ice to the hip for the first week, at least 3 times per day, 20-30 minutes at a time.
9. DRESSING: Keep the dressing dry and leave it in place for 2-3 days. After that you may remove the dressing and, if the incision is clean and dry (i.e. no drainage from the wound), you may wash the hip. Do not soak the hip in a tub; shower is ok.
10. WALKING: Use crutches at all times. You may put your foot on the ground for balance but **DO NOT PLACE ANY WEIGHT** on the affected leg.
11. EXERCISES: Perform under supervision of a physical therapist. You can use the stationary bike on a no-resistance setting. Avoid excessive straight-leg raises for the first week. Do **NOT** extend and externally rotate the hip.
12. PHYSICAL THERAPY: Try to start PT within 3-5 days (prescription will be given upon discharge from the hospital).
13. FOLLOW-UP APPOINTMENT: Please call the office and make an appointment for 2 weeks after surgery, unless otherwise instructed. Please notify your surgeon if you can not make this appointment for any reason.

Call your surgeon if:

- a. You have any questions.
- b. Temperature is 101 degrees or above.
- c. You experience chills or night sweats.
- d. Increased bleeding, swelling, or pain.
- e. Signs of infection – redness, foul odor or purulent drainage.
- f. Operative extremity becomes cold, blue, tingly, or numb.

*****CONTINUE USING CRUTCHES UNTIL SEEN BY THE DOCTOR*****

*****Extra caution must be used in dealing with an extremity with a block*****

Do not over-do or weight-bear on your extremity just because there is no discomfort, otherwise injury may result.

IN CASE OF EMERGENCY DURING NORMAL BUSINESS HOURS (8am-5pm):

- Please call our main line (866-670-OUCH) to get in contact with your surgeon's office.

IN CASE OF EMERGENCY AFTER NORMAL BUSINESS HOURS:

- Please call your surgeon's direct office line and speak to the service. They will get in contact with him directly if you are not helped by the on call doctor.