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Instruction Sheet following Arthroscopic Hip Surgery

The operation was performed through two or three small incisions. You may experience some swelling in the joint. This is usually due to fluid used during the surgery for visualization. This fluid is usually reabsorbed by your body over time. You may have some bruising in the operated leg as well. This may travel down the leg with gravity.

Dressing: It is normal to have some saturation on the dressing however if there is seepage through the drainage, please change the dressing with gauze. Please keep the dressing CLEAN and DRY for the first 48 hours. After 48 hours you may remove the dressings. Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage. Please do not bathe or swim for the first 4 weeks.

Showering: You may shower on Post-Op Day #2. Please cover the incisions with waterproof bandaids, pat the incisions dry afterwards, and reapply fresh bandaids.

Ice Machine: If you choose to use an ice machine, it should be used for the two weeks. Please follow the directions given to you by the representative. The ice machine company will make arrangements for you to return the machine. If you do not have an ice machine, you may use ice packs to control the pain and swelling. Do not put the ice directly on the skin. Use ice for 20 minutes at a time, at least three times a day.

Activity: Crutches are used for the first 4 weeks unless Dr. Gotlin specifies otherwise. If you had a labral repair or impingement resection, you will be 50% foot-flat weight bearing with 2 crutches. A hip brace is often used the first week after surgery. The brace allows for hip flexion but prevents hyperextension and external rotation. The brace may be removed for showering and sitting. It should be used for standing and sleep. **Please call to schedule a physical therapy appointment a few days after surgery.**

Medications: You will be given a prescription for the following medications.

- **Percocet:** Take as prescribed. Please consider a stool softener as narcotic pain meds can cause constipation. Do not drink alcoholic beverages or drive if you are using pain medications. You may transition to Tylenol once pain is well controlled
- **Aspirin:** 81mg twice a day. This is prescribed to prevent blood clots.
- **Indocin SR (indomethacin):** 75mg once a day, with food for 7 days. This is prescribed to avoid heterotopic ossification and help with pain and inflammation.
- **Prilosec OTC (omeprazole):** 20 mg once a day, please take with empty stomach/or 1 hour before breakfast for 7 days only



Work: You will discuss when you can return to work with your surgeon on your first post-operative visit.

Driving: You will discuss when you can drive with your surgeon on your first post-operative visit. Generally, for the right hip, we recommend driving after crutches are stopped in 4 weeks. For the left hip, driving can resume after 2 weeks.

Follow-up: Your follow-up visit will be 10-14 days after surgery. Please call the office to confirm.

Please call if:

1. If at any time you have discomfort, hardness, swelling, or redness in the calf (behind the leg between the knee and the ankle) please call the doctor immediately.
2. Any oozing or redness of the wound, fevers (>100.4 degrees F), or chills.
3. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic hip surgery. If you have any questions or concerns please do not hesitate to call the office.