



Hip Arthroscopy Pre and Post-Operative Instructions

Wound Care

- Keep the bulky surgical bandage on and **avoid showering for 48 hours**.
- After 48 hours, you can remove the bandages and gauze, but leave the steri strips in place.
 - **You may shower**, but cover incision sites with a waterproof bandage for the first 7 days.
 - If the incisions get wet, **pat them dry** with a clean towel—**do not scrub**.
- It's normal to see blood-tinged fluid on the bandages, which may appear pinkish-yellow.
 - **Do not apply lotions or ointments** to incision sites.
- Stitches are absorbable and do not need removal.
- **Avoid soaking** in a pool or bath for at least 4 weeks post-surgery.

Physical Therapy

- Begin physical therapy **2-3 days post-surgery**.
 - **You are responsible** for scheduling PT sessions. Ensure appointments are set up before surgery.
 - A PT referral will be provided during your surgery consultation.
 - Post-op PT protocols can be found on our website: www.HipPreservation.org
-> **Patient Resources -> Therapy and Rehab**.

Weight Bearing

- You'll be **partial weight-bearing (PWB)** on the operated leg with crutches for support.
 - Walk with a flat foot and mimic a normal gait.
 - Crutches will be required for **3 weeks after labral repair** and **6 weeks after labral reconstruction, augmentation, or microfracture**.

Hip Brace

- The brace fitting will be arranged before surgery.
 - The brace is worn only while walking for **3-6 weeks** post-surgery.
 - You do not need to wear the brace while sleeping, icing, showering, or using the CPM machine.
 - The brace prevents excessive hip movement and ensures stability during recovery.

Continuous Passive Motion (CPM) Machine



- The CPM machine will be delivered to you a few days before surgery.
 - Start using it the day of surgery or the next day for **4-6 hours/day** over **3-6 weeks**.
 - Begin at 20° extension and 55° flexion, increasing daily as tolerated (max 0-90°).

Ice Therapy

- For the first 72 hours, ice the hip **20 minutes on, 20 minutes off**.
- After 72 hours, ice **4-5 times per day** or as needed.
 - Always place the ice over a thin layer of material, **never directly on the skin**.

Medications

- **Indomethacin 75mg daily** for 5 days to prevent excessive bone growth.
- **Aspirin 81mg twice daily** for 14 days to prevent blood clots.
- **Pantoprazole 40mg daily** to protect the stomach while taking anti-inflammatory medications.
- **Oxycodone (or prescribed pain medication)** for post-op pain relief. Avoid driving or alcohol while using it.
- **Methocarbamol (Robaxin) 750mg** as needed for muscle spasms.
- **Ondansetron (Zofran) 4mg** as needed for nausea.

General Activity

- Change positions frequently, alternating between sitting, reclining, and lying down to avoid stiffness.
- Wear **compression socks (TED hose)** for the first 2 weeks post-surgery.
- Spend **1-2 hours/day** on your stomach without the brace.
- You may begin driving about **1 week post-surgery**, as long as you're not taking narcotic pain medications.

Follow-Up

- Your first post-op appointment will be with one of our physician assistants **10-14 days post-surgery**. Follow-up visits with Dr. [Surgeon Name] will be scheduled at **6 weeks and 3 months**.
 - If you haven't received your appointment details, please contact our team at **(Insert Contact Info)**.

When to Contact Us

- If you develop a fever over **100.4°F** or experience chills/sweats.



- If you notice pus, redness, or severe pain around the incision sites.
- If you're unable to urinate within **1-2 days** post-surgery.

Possible Complications

- **Infection:** Minimize the risk by keeping the incision clean and following wound care instructions.
- **DVT (blood clots):** Early movement, compression stockings, and medications help reduce this risk.
- **Pain:** Expected after surgery but managed with medication, ice, and physical therapy.
- **Numbness:** Temporary numbness in the thigh is possible due to nerve stretching.
- **Heterotopic Ossification:** Unwanted bone growth is prevented by taking Indomethacin as prescribed.

For more details, visit www.HipPreservation.org.