



POST-OPERATIVE HIP SURGERY INSTRUCTIONS

What was found: _____

What was done: _____

1. Wound Care

Dressing Care:

* You may remove the dressing in 4 days and apply band aids to cover stitches. Please leave steri strips on (white tapes across wound). It is OK if they fall off.

* Please be certain to wash hands thoroughly prior to dressing change. Do not put any ointments over incisions.

* You may shower in 4 days with the incision covered. Keep it clean and dry.

* Do not get into a tub or pool until the sutures are removed.

You have dissolvable sutures

Sutures will be removed in our office in 10 to 14 days

Dressing Care:

* Please keep your dressing intact and dry until re-evaluation in the office after surgery. If your dressing becomes soiled or damp, you may remove the bandage and replace the dressing.

* Please be certain to wash hands thoroughly prior to dressing change. Do not put any ointments over incisions.

You have dissolvable sutures

Sutures will be removed in our office in 10 to 14 days

After this procedure, you may experience a moderate amount of pain especially during the first 2-5 days. As well, you may notice a significant amount of swelling in the hip and possibly some bruising. This commonly occurs and may take several weeks to a month to diminish. Please continue to ice the hip regularly and elevate the leg to help diminish the swelling. You may also notice that when your foot is down or dangling that it may

discolor somewhat. If this happens, you should elevate your leg, and the discoloration should resolve. If it does not, please contact us.

2. Icing

- A Cryocuff has been applied to your surgical site. It is recommended that you use it fairly consistently for the first 24 to 48 hours to help diminish the swelling. After the 48-hour period, if it is comfortable for you, you may use the Cryocuff or apply ice packs to knee 3-4 times per day for 30 minutes until swelling is resolved.
- Please apply ice packs to the knee 3-4 times per day for 30 minutes until swelling is resolved. Be careful of applying ice directly to the skin as this may result in frostbite.

3. Crutches

- You may walk weight-bearing as tolerated with crutches. Your crutches may be discontinued when you can walk comfortably (usually 3 – 5 days).
- Please walk PARTIAL weight bearing (about 1/3 of your weight maximum) until your postop visit. Crutches will continue for ____ weeks.
- Please walk TOUCHDOWN weight bearing (almost no weight) until your postop visit. Crutches will continue for ____ weeks.
- Please NO WEIGHTBEARING on the affected extremity. Crutches will continue for ____ weeks.

4. Brace

Please wear the brace day and night unless instructed otherwise. It may be removed to apply ice and to shower. Please see the checked boxes below for instructions specific to your surgery.

- No hip brace is necessary for this procedure

- If you were given a brace to wear post-operatively, this should be on at ALL times except when showering. The brace should be on while sleeping. Limit hip external rotation to 0 degrees, hip flexion to 70 degrees, abduction and adduction to 0 degrees for 3 weeks.

- If you were given a brace to wear post-operatively, this should be on at ALL times except when showering. The brace should be on while sleeping. Limit hip flexion to 30 degrees for 6 weeks.

5. Physical Therapy

- Formal physical therapy will be organized for you at your first post-op visit if appropriate.
- The physical therapy prescription is included and can start within the 1st week after surgery.

You may do the following exercises:

- Ankle pumps: Move ankle up and down. 30 reps, 3 times daily.
- Isometric quadriceps squeezes: flex the muscles in the front of your thigh without bending your leg
- Hip pendulum: Stand on step supported by non operative leg, allow operative leg to hang off edge, gently move leg in circular motion clockwise and counterclockwise x 10, 3 times daily.

Please note these RESTRICTIONS:

- Limit External rotation of the hip to 0°, No restrictions on internal rotation. Hip flexion to 70°.
- Limit Flexion of the hip to 30 degrees
 - No weight lifting or water therapy during first two weeks.
 - If an exercise is very painful, stop doing it or do it within the limits of motion that is not painful.
 - Major therapy gains are not achieved during the first two weeks. This is mainly a recuperative period.

6. Pain Control

- If you had a nerve block, your thigh may be numb for 12-18 hours. Although you may not be having much pain, start taking your pain medication 6 hours after surgery.

* You have been prescribed _____ (which is a narcotic pain medication) for your post-op pain control.

* Use the medicine as prescribed and do not drive, drink alcohol, or perform duties that require concentration (i.e. school or work) while on the narcotic medication.

* If you have oxycodone, you can add over the counter Tylenol as a supplementary pain medication. Use the Tylenol as directed by the manufacturer.

* After the first three weeks after you finish your Indocin, you may find it beneficial to take an over the counter anti-inflammatory such as Ibuprofen (or Motrin or Advil or naprosyn or Aleve) for additional pain control if you do not have a contraindications to taking this medication (i.e. allergy to the medication, stomach ulcers or kidney problems).

7. Other Medications

- Valium is a muscle relaxant that is used for muscle spasms that are quite common after surgery. Take one tablet up to 3 times a day. Use as prescribed unless contradicted. Do not drive, operate machinery, or drink alcohol while on valium. This can be taken in conjunction with the pain medication. Half a pill can be used if the effects are too strong.
- Zofran is an anti-nausea medication. Use as directed for nausea or vomiting.
- Colace is an anti-constipation medication. Use as directed for constipation.
- Indocin is a strong anti-inflammatory used for the prevention of heterotopic ossification (excess bone re-formation). Take 1 pill a day with food for 3 weeks. DO NOT mix this with other anti-inflammatory medications such as Aleve, Motrin or Advil during these first three weeks. Once you are finished with the Indocin, you can switch to these medications (see section 6 above)

8. Driving

You may not drive at least until your post-op visit when you and Dr. Schleyer can make a decision.

9. Sports

Do not resume sports until you have discussed this on your first post-op visit.

10. Additional Instructions:

- Deep Venous Thrombosis (DVT):

Blood clots (DVT) are unusual but can occur after lower extremity surgery. Please call the office for calf pain, leg swelling, or difficulty breathing. If you have a clotting disorder or there is a family history of blood clots, please inform Dr. Schleyer and the office.

- No DVT prophylaxis necessary.
- Surgical Support Stockings: Compressive stockings (thigh high for hips, knee high for knees) should be used for two weeks after surgery on the operative leg. These can be purchased over-the-counter at a pharmacy or medical supply store.
- Aspirin: Take one 325mg enteric-coated aspirin daily for _____ weeks after surgery. Stop for any gastrointestinal or wound bleeding.
- Lovenox: A prescription for an injectable low molecular-weight heparin for 2 weeks after surgery will be given to you. This should be starting the evening of the first day after surgery

Please resume birth control 1 cycle AFTER surgery.

WHAT IS TO BE EXPECTED:

After knee arthroscopy, there is a variable amount of pain and swelling, often depending on how much surgery was done. This usually diminishes after several days. It is helpful to keep the leg elevated above your heart and to apply ice regularly.

WHAT SHOULD BE REPORTED IMMEDIATELY:

Signs and symptoms to report:

- *persistent fever
- *sudden increase in pain or swelling
- *wound redness, drainage, or increased skin temperature around the incision
- *increasing numbness
- *deep calf pain and/or swelling



*shortness of breath

Who to call:

* If you have any problems please call Dr. Schleyer's office at (978) 927-3040

* You should have a post-op appointment scheduled in 14 days. If you do not, call (978) 927-3040 to set this up.