

Mufaddal M. Gombera, MD
Orthopedic Surgery and Sports Medicine
Fondren Orthopedic Group

Hip Arthroscopy Post-Operative Instruction Checklist

FOLLOW-UP APPOINTMENT: _____

Dressing

Your dressing should remain intact and dry. Your outer dressing may be removed 3 days after surgery. Please do not remove steri-strips that are covering the incision (small pieces of tape). Removing this tape may cause your incision to separate. Do not place any ointments over incisions.

Bathing

Please do not get incisions wet. Please cover dressing or incisions while bathing.

Driving

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that may occur.

Crutches/Elevation of Leg

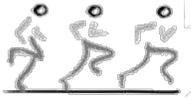
You will be partial weight bearing (20#) with crutches after surgery. Please be very careful until your anesthesia has completely worn off. There is a high risk that you could fall, please have assistance with you whenever you are up and about. When sitting or lying down, please keep your operative leg elevated.

Cold Therapy/Ice

Continuous icing will help to decrease swelling and provide pain relief. Icing with a cold pack for 20 minutes, at least three times a day is recommended. It is very important to always have protection between the ice pad and your skin. Remove the ice pad twice daily from your dressing to wipe off any condensation.

Brace

You will be fitted with a hip brace the day of surgery. You will wear the brace when walking for the first 4 weeks after surgery.



Physical Therapy

You should start formal physical therapy the week of your surgery.

Prior to that, please begin with your rehab at home with the following exercises:

- **Ankle pumps**-pump your ankle back and forth as if you were stepping on a gas pedal. Please do this exercise 10 times an hour while awake.
- **Deep breathe and cough** to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.

POST-OPERATIVE MEDICATION GIVEN

1. ASPIRIN ENTERIC COATED 1 TABLET DAILY

Take 1 Aspirin daily for 2 weeks to help reduce the risk of a blood clot

2. NAPROSYN 1 TABLET EVERY 12 HOUR WITH FOOD (Anti-Inflammatory)

Should be taken with food.

3. NORCO 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN

Do not exceed more than 4000mg of Acetaminophen per 24 hours

4. ROBAXIN 1 TABLET EVERY 12 HOURS AS NEEDED FOR PAIN

For the first week after surgery. Helps with pain control and muscle spasm.

Side effects of medication

Anti-inflammatory (Naprosyn)

You should take all medication with food to help prevent nausea. Please notify the office if nausea, vomiting, rash, headaches, abdominal cramping, blood in your stool or other symptoms occur. Do not combine other anti-inflammatories products (Ibuprofen, Advil, Aleve, etc.) while taking your Naprosyn. It is ok to take the Aspirin that has been recommended.

Pain Medication (Norco)

Common side effects of the pain medication are nausea, drowsiness, rash, or constipation. To decrease the side effects, take medication with food. If constipation occurs, consider taking an over-the-counter laxative. Please notify the office if nausea, vomiting, headaches, rash occur. If you are having trouble with nausea or vomiting, please call the office to have your medication changed. **Do not take TYLENOL** or other acetaminophen products while taking Norco or Tylenol #3, as both of these medications contain acetaminophen.

Signs and Symptoms of Complications

Although complications are rare, you should be aware of these symptoms:

- Infection – increased pain not relieved with medication, fever, chills, redness, swelling or drainage from incision.
- Blood Clot – swelling, tenderness, or pain to calf when you move your ankle up and down, shortness of breath and chest pain.

If any of the above symptoms occur, please contact our office immediately.

For further questions, or if any problems arise, please call our office at (713) 794-3457.

During after hours and weekends, you can reach the on-call physician at (713) 799-2300.