

Patient Name: _____

Date of Birth: _____ Date of Surgery: _____

POST-OPERATIVE INSTRUCTIONS

HIP SURGERY

Please note that the instructions provided below are general guidelines to be followed. However, any written or verbal instructions provided by your surgeon supersede the instructions below and should be followed.

WOUND CARE

- Maintain your operative dressing until you are seen in the office by your surgeon (10-14 days after surgery).
- Avoid submerging incisions in water (i.e., baths, pools, hot tubs, etc.) for at least 6 weeks after surgery.
- **DO NOT** remove butterfly strips (called steri-strips) from skin (if you have them).
- **DO NOT** put any creams or antibiotic ointments on the surgical incisions.

SHOWERING

- You may shower **24 HOURS AFTER SURGERY** (please do not wet the surgical dressing).
- Please use the shower chair so you can protect the operative hip.
- **DO NOT** get the surgical dressing wet when showering.
- Please apply adhesive plastic wrap (i.e., Glad Press 'N Seal Wrap) over the surgical dressing. Carefully remove adhesive plastic wrap after getting out of the shower.
- Once the surgical dressing is no longer in place, you can pat the surgical incisions dry after the shower and place Band-Aids over the incision sites as necessary.

MEDICATIONS

The following list of medications have been electronically prescribed to you:

- **TYLENOL (1000 mg)** by mouth, every 8 hours for up to 10 days.
- **OXYCODONE (5 mg)** by mouth, every 6 hours as needed for pain for 5 days.
- **COLACE (100 mg)** by mouth, every 12 hours for constipation.
- **ASPIRIN (325 mg)** by mouth, every 12 hours for 6 weeks for blood clot prevention.



HIP BRACE USE AND WEIGHTBEARING

“REPAIR” (LABRAL REPAIR, PROXIMAL HAMSTRING REPAIR)

- Your brace must be worn at all times except for your post-operative physical therapy and bathing. You must wear it anytime you are walking, when you are sleeping and when you are in public for 6-8 weeks. You may remove it to shower, dress and for physical therapy.
- You can remove the brace for showering, but then put it back on afterwards.
- You will use crutches for a period of 6 to 8 weeks. For the first 2 weeks after surgery you will only be able to put your foot flat on the floor. After 2 weeks you will be able to put 50% of your weight on the operative leg. At 6 weeks after surgery you will be able to put 100% of your weight on the operative leg.
- You will initially use a pair of crutches for the first few weeks. Eventually you will transition to 1 crutch and then no crutch. Crutch use and duration is in concert with your weightbearing status.

“NO REPAIR” (LABRAL DEBRIDEMENT)

- You may stop using your hip brace 3-4 WEEKS AFTER SURGERY.
- You may begin actively moving your hip as soon as you’re comfortable.

IF YOU HAVE ANY QUESTIONS OR ISSUES WITH THE HIP BRACE, PLEASE CONTACT THE OFFICE AT 201.567.5700

CONTROLLING DISCOMFORT AFTER SURGERY

- Use your cryotherapy unit as instructed to decrease swelling and diminish pain. If you do not have a cryotherapy unit, then apply ice for 20-30 min at a time for 3-4 times daily.
- Pain medication can be taken every 6 hours as needed.
- Do not use NSAIDs (Advil or Aleve). You can use Tylenol in combination with your pain medication.
- Sleep with a pillow under the operative arm

PHYSICAL THERAPY

- Your surgeon will guide your post-operative rehabilitation dependent on your procedure and will discuss with you when you can start.

DRIVING

Driving is not allowed while on narcotics or if a hip brace is necessary.



FOLLOW-UP CARE / QUESTIONS

- You will have your first post-operative visit 10-14 days after surgery.
- At that visit, we will inspect your wounds and remove your stitches (if necessary). Several small sutures are snipped at the skin level (does not hurt).
- We will review your arthroscopic photos (if procedure was arthroscopic) to show you what was done during your surgery.

IF YOU HAVE ANY FURTHER QUESTIONS, PLEASE CONTACT THE OFFICE AT 201.567.5700.

EMERGENCIES

CALL THE OFFICE AT 201.567.5700 IF ANY OF THE FOLLOWING ARE PRESENT:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever or chills (i.e., $\geq 100.4^{\circ}\text{F}$ — it is normal to have an elevated body temperature for the first day or two following surgery)
- Redness around incisions
- Color change in the buttocks, thigh, knee, leg or foot
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

IF YOU HAVE AN EMERGENCY THAT REQUIRES IMMEDIATE ATTENTION, PROCEED TO THE NEAREST EMERGENCY ROOM.