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POSTOPERATIVE INSTRUCTIONS – HIP ARTHROSCOPY WITH ILIOPSOAS LENGTHENING

MOVEMENT

You can weight bear as tolerated after surgery; utilize crutches for comfort.

The day after surgery, we encourage you to provide motion to the hip with one of the following methods. You may ride a stationary bike twice a day for 5-10 minutes (**no resistance**) or utilize a continuous passive motion (CPM) machine. A CPM machine may be provided for you – you should use this machine three times a day for 30 minutes. You do not need restrictions with range of motion.

ICE

An ice machine will be provided to you for after surgery. This will help decrease swelling and pain. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

MEDICATIONS

An injection of local anesthesia was injected into your hip after the completion of the operation. This medication will wear off in 48-72 hours.

You have also been given an anti-inflammatory called Naprosyn. You should begin taking this medication the night of the surgery. You are to take 500mg (1 tab) two times daily. This medication serves two purposes: it will reduce the amount of narcotic medication needed postoperatively and it will prevent bone from re-growing (heterotopic ossification) around the hip. You are to take this medication for the first 21 days after surgery.

If you are still having severe pain despite the Naprosyn, begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep.

DRESSING/BANDAGES

Your hip dressing is waterproof. You may shower the next day after surgery. Two days after surgery you may remove the large dressing, leave the small white or clear strips on the skin and cover those with waterproof band-aids. It is then okay to shower with the waterproof band-aids.

Do not take a bath or submerge your hip in water until your incisions are checked at your first post-op visit.

DRIVING

You may drive 10 days after surgery if you are not taking pain medication. If your right leg is the operative side, then you must have good control of your leg prior to driving.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 10-12 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

You may experience some low back pain due to muscle spasm from the traction during positioning. If this occurs, apply a heating pad to the area.

If you have any difficulty using anti-inflammatory medications or aspirin or have a history of peptic ulcer disease, please let us know.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.