

Moore Orthopedic Clinic Outpatient Surgery Center

Post-Operative Instructions for Hip Arthroscopy

Dr. Frank K Noojin, III

803-296-9320 or 803-296-9200 (afterhours)

Pain: A medication has been prescribed for your pain. **Begin taking the pain medication once you arrive at home.** You may also be given a prescription for an anti-inflammatory medication called Indomethacin, or Celebrex that you will need to take **twice a day for 14 days.** It is very important that you start this medication the night of your surgery, and that you take this medication for the full 14 days.

Swelling: Some swelling may be present after your surgery. **During the first several weeks, ice can be helpful to decrease pain and swelling, and it is especially important during the first 48 hours.** Apply a clean towel between skin and the ice pack. You can apply ice as needed throughout the day in intervals of 20-25 minutes. If the skin becomes very cold or burns, discontinue the ice application immediately.

Dressing/Wound Care: During arthroscopic surgery, the joint is irrigated with water. There will typically be 3-5 small incisions closed with sutures. Your hip will be covered with a bulky dressing. Water may gradually leak through these incisions, saturating the bandage. This may look light red or pink in color. This blood-tinged drainage may persist for 48-72 hours. If it has not significantly decreased by this time, please call our office.

Remove dressing 48 hours after surgery and shower. Apply band-aids over the incisions and change daily after you shower. It is not necessary to use ointments or creams on incision sites. Do not take tub baths or swim until incisions are healed (approximately 2 weeks after surgery).

Activity: **Unless otherwise instructed, you will be non-weight bearing for 3 weeks on the operative extremity.** Crutches or a walker are typically used for 4 weeks after surgery. Your level of discomfort will most often be your best guide in determining how much activity is allowed. Remember that it is very easy to overdo in the first few days after surgery, and any increase in pain or swelling usually indicates that you need to decrease your activities. The reason for being non-weight bearing is to decrease the risk of failure of any labral or capsular repair performed during the surgery.

Notify MD for: It is common to experience an increase in temperature after surgery for a few days. Call our office for persistent temperature greater than 101.5° F, unexpected redness, extreme swelling, or uncontrolled pain. For pain medicines, please try to call early in the day or before the weekend. After these hours, pain medication cannot be changed or refilled.

Patient Representative _____ Date _____

Nurse Signature _____ Date _____

