

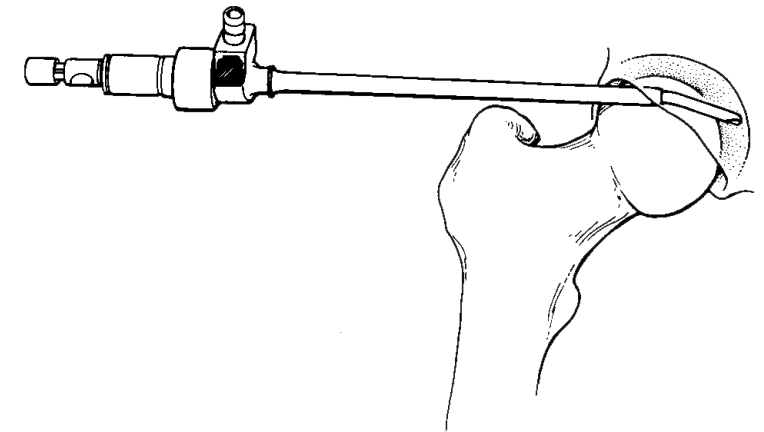
Information After Hip Arthroscopy

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Diet

You may resume a normal diet.

Activity

1. Use crutches only as needed for pain. Gradually put increasing weight on the operated hip as tolerated, and wean off the crutches.
2. You may drive a car as soon as pain and swelling subside enough to allow good mobility.
3. Most patients are able to return to desk work within a week after the arthroscopy.

Pain

1. You will be given prescriptions for the following medications, if you are not allergic to them.
 - a. Celebrex: please refer to separate handout in your surgery folder.
 - b. A narcotic pain-killer that you can use if needed for severe pain. This will make you drowsy, so it is best used at night to help you sleep. If you have adverse effects from these medications, then discontinue them.
2. For mild pain you can use acetaminophen (Tylenol) - follow the directions on the bottle.
3. If you are already taking the Celebrex, you should not also take other antiinflammatories (e.g. Advil, Aleve).
4. Pain should gradually subside after the arthroscopy. If you have increased pain then perhaps you are being too active, and you need to elevate your leg and rest. If you have increasing pain despite resting, contact our office.

Wound Care

1. Remove the dressing the day after surgery. Keep Band Aids on the incisions until the sutures are removed.
2. The small incisions may be sore and develop bruising over the next several days. The bruising eventually disappears and does not require any special care.
3. Do not apply creams or lotions to your incisions. They will heal well on their own.
4. You may shower the day after surgery. After the shower, blot dry carefully around the incisions; do not rub vigorously with the towel. Do not take a bath or immerse the hip in water until the sutures are removed.

Precautions

Please call your surgeon if you have:

1. Fever 101.5 F or above
2. Redness around the incision.
3. Increasing pain not relieved by rest and medication.
4. Foul-smelling drainage from wounds.

Return Visit

You will need to visit your surgeon about one week after your surgery to check on your progress. This appointment is usually made at the time your surgery is scheduled. In addition, do not hesitate to call if any problems or questions arise before your appointment. You will probably receive a phone call from one of our nurses or physician assistants after you’re home to check on your progress.

Avoiding Hip Rotation After Surgery

To allow proper healing of the hip joint after arthroscopy, inward or outward rotation of the hip should be limited for about three weeks after surgery.

- You may flex the hip as much as you want; that means bringing your knee up towards your chest.
- If your knee is straight and your foot is pointing straight ahead, that is neutral hip rotation. Rotating the hip so that your foot faces inward or outward should be avoided.
- When you are standing, walking or sitting, keep your foot pointed straight ahead.
- When you sleep at night, use the padded boots and straps to keep your hip in neutral rotation. You are allowed to sleep on your stomach, your back, or on either side.

Rehabilitation

1. Gradually increase the amount of time you spend standing and walking.
2. Riding a bike or exercise bike is very beneficial and can be initiated as tolerated, usually within 1-2 weeks. Gradually increase the amount of time spent on the bike.
3. Swimming is allowed one week after the sutures are removed, as long as you do not rotate the hips (ie; free style, backstroke, butterfly are ok; no breast stroke).
4. Stair machine, elliptical machine and Nordic Track machine can often be tolerated after about three weeks.
5. No running, jumping or twisting for at least three weeks.
6. Sometimes, supervised physical therapy will be prescribed.