

**Hip Arthroscopy**  
**Postoperative Instructions**  
**Stephanie Mayer, MD**

**MEDICATIONS:** You were given the following medications:

**PAIN**

- Oxycodone - should be taken every 4 hours as needed to control pain
- Tylenol (acetaminophen)– should be taken every 6 hours as needed for pain

**NAUSEA/CONSTIPATION**

- Zofran 4 mg oral dissolving tabs; take one tab and dissolve under tongue every 6 hours as needed for nausea
- Senna-docusate (8.6-50) mg orally twice daily as needed for constipation. Please take as long as you are taking the Oxycodone.
- Miralax (polyethylene glycol)-Mix (available over the counter) 1 capful of powder in liquid. This may be taken 1-2 times a day, morning and/or night, in liquid like apple juice, milk, water, etc. if the patient has not had a bowel movement within 24 hours. Results usually take 12-24 hours once medication is started. This is Over The Counter.

**INFLAMMATION**

- Indocin 75mg orally once daily starting the day after surgery for 4 days; please take with food; this medication is to prevent abnormal bone formation within the musculature. **DO NOT TAKE WITH OTHER ANTI-INFLAMMATORY MEDICINES**
- Naproxen 500mg orally twice daily for one month; **DO NOT START THIS MEDICATION UNTIL AFTER YOU FINISH TAKING INDOCIN**; this medication is to prevent abnormal bone formation within the musculature. **DO NOT TAKE WITH OTHER ANTI-INFLAMMATORY MEDICINES**

**OTHER**

- Prilosec 20mg daily while on Indocin and Naproxen; this medication is to prevent stomach ache while taking NSAIDs
- Aspirin 325mg daily for 14 days, starting the day after surgery. This medication is to prevent blood clot formation after surgery.
- Valium 5mg three times daily as needed for muscle spasms.

**DRESSING:**

- If your post operative dressing becomes saturated within 24-48 hours following surgery, please change using dressing kit provided. Otherwise, perform the first change at 48 hours post-operatively.
- You may take your first shower 24-48 hours after your surgery. Please keep the waterproof dressing on while showering for the first 7 days. After 7 days, you may remove the dressing and let the water run down over the incisions but do not rub or scrub them. Do NOT immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.

**WEIGHT BEARING: WITH CRUTCHES**

- Foot-flat touch-down weight bearing with crutches for 3 weeks
- Your physical therapist will work with you to wean you off of your crutches after this time.

**ICING:**

- Icing is very important to decrease swelling and pain and improve mobility. Please ice 6 times a day for 20 minutes at a time. Be sure to keep clothing or a towel between ice cuff and skin, as placing

the ice directly on skin may cause a burn to the skin.

### **DURABLE MEDICAL EQUIPMENT**

- Please wear the SCD's that were provided to you in pre-op as much as possible for the first 2 weeks post surgery.
  - Ensure the SCD's are fully charged and sleep with them at night – **DO NOT** keep plugged in at night
- You also were provided with thigh high ted hose – white stockings – please wear for 2 weeks. You may take off for 1-2 hours per day.
- **CPM MACHINE-**
  - Day following surgery – range of motion 0-100 over first 2 weeks
  - Use your CPM for 4 hours a day.
  - **DO NOT SLEEP IN THE MACHINE.**

### **ACTIVITIES/PRECAUTIONS:**

After hip surgery, it is normal to feel tired or tire easily for several weeks. You will likely need to take 1-2 weeks off of school and/or work for recovery. Please follow the precautions below to allow your hip to heal without too much stress on the tissues for the first few weeks.

- For the first 2 weeks, avoid extending your hip behind your body and externally rotating the hip more than 30 degrees. This will help keep pressure off of the joint capsule which was repaired during surgery. That means to try to keep knee caps pointed forward at all times and do not lie on your stomach or bring your leg of your operated hip behind you.
- To help with these precautions while you are lying down or sleeping, use the foam boots and strap/tape to keep your leg from externally rotating. Feet should be parallel when lying on back not pointing inward or outward.
- You may return to school/work on your crutches when you are off of your narcotic pain medication and when you feel that you can safely move around with your crutches. For most patients, this is about 1-2 weeks post operatively. For return to work fully, typically 6 weeks post-operatively.
- **Driving** is permitted 2-6 weeks after the surgery if you meet the following criteria:
  - ✓ You no longer take narcotic pain medications
  - ✓ You drive an automatic car. If you have a manual car, you could drive after 6 weeks.
  - ✓ You can safely get in and out of your car.
    - Please ask your physical therapist for instructions as they will help determine when you are able to drive

### **Contact Information:**

If you are experiencing the following **symptoms**, please call our office at 720-872-4822 or reach out via My Health Connection.

If this occurs during evening and/or weekend please call 720-848-0000 and ask to speak to the orthopedic surgery resident on call. If life threatening please call 911.

- ❖ Fever (temperature of 101.5 degrees Fahrenheit or over)
- ❖ Redness or yellow/brown/green drainage from the surgical incision site
- ❖ Low back pain/muscle spasm that maybe due to the spinal/epidural anesthesia. Please apply a
- ❖ Persistent severe sharp pain not relieved by pain medication
- ❖ Persistent and increasing swelling and numbness of the hip/leg.

### **Post-Operative Prescription Guidelines**

Should you need refills, please contact the clinic within 48 business hours (Monday-Friday 8:30am to 4:30pm).  
**Refills will not be authorized outside of these hours**