

Post Operative Instructions
Hip Arthroscopy

1. The following medicines are recommended:
 - a. Percocet- Take 1-2 every 4-6 hours as needed for pain
 - b. Zofran- take 1 every 8 hours as needed for nausea
 - c. ASA 81- take 1 pill twice a day for blood clot prevention
 - d. Celebrex or Mobic- take 1 pill twice a day for inflammation
2. Apply ice to the Hip directly over the bandage. Ice at least 20min 5 times a day for the first 48 hrs.
3. Leave the dressing in place for 48 hrs. After 48 hrs remove the dressings leaving the yellow Vaseline gauze on the incision and apply band-aids over these. It is normal to have drainage on the post-op bandage.
4. You may shower after 48hrs. Dry incisions carefully with a clean towel and apply new band-aids. Avoid Bathtub and pool use until the sutures are removed at your follow up office visit.
5. Weight bearing:
 - A. You are encouraged to use crutches or a walker for the first 1-2 days following surgery. Bearing as much weight as you can tolerate on the operated leg. Gradually wean yourself off of their use during the first 7 days after surgery.
 - B. You are allowed to bear partial weight on the operative leg.

This is 50 lbs maximum. This can be checked by using a scale at home. Use crutches at all times and maintain partial weight bearing until instructed otherwise.
6. Movement of the hip will not jeopardize the result of surgery and is encouraged as surgical pain subsides and comfort allows.

7. Exercises on the back of this sheet should be performed at least 2 times a day. These will help build strength and enhance your recovery.
8. Swelling and stiffness in the leg is normal for several weeks following surgery and can be minimized by limiting activities, elevating the leg, and applying ice after activities.
9. Call Dr. Tyndall's office if you notice any redness, increased warmth, swelling, or discharge from incisions or if the post-operative discomfort increases and is not relieved by a combination of applying ice, elevation, and taking pain medicine as directed.
10. Dr. Tyndall can be reached at 814-574-1855. The office can be reached at 814-942-1166. If you are experiencing an emergency go to the ER or call 911.