

Post-Operative Instructions:

Hip Arthroscopy Post-Op Instructions

Diet:

- Begin with clear liquids and light foods (jellos, soups, etc).
- Progress to your normal diet if you are not nauseated.

Wound Care:

- Maintain your operative dressing for 3 days. You may shower with it on. You may take it down and place water proof band-aides 3 days after the surgery.
- It is normal for your knee to bleed and swell from your surgery- do not become alarmed – reinforce with additional dressing if needed.
- Keep steri-strips in place.
- Do not take a bath or submerge your wounds in water until Dr. Keller lets you know it is OK.

Medications:

- Pain medications given act on different pain receptors – these should be taken as directed on the bottle starting the day of your surgery until they are gone, with one exception: Oxycodone should only be taken if the other medications are not relieving your pain.
- Primary Medications:
 - 1. Acetaminophen (Tylenol) 1 g PO every 8 hours scheduled [Rx for 45 (500 mg) tablets]
 - 2. Tramadol (Ultram) 100 mg PO every 8 hours scheduled [Rx for 45 (50 mg) tablets]
 - 3. Naproxen 500mg PO 2x a day [Rx for 30 (500mg) tablets]
 - 4. Gabapentin (Neurontin) 200mg every 8 hours [Rx for 15 (200mg) tablets]
 - a. Alternative: Pregabalin (Lyrica) 50 mg PO every 12 hours scheduled [Rx for 30 (50mg) tablets]

----- Take medications above as scheduled until they are gone-----

- 5. Oxycodone (OxyIR) 5 mg (1-2 pills) PO every 4 hours as needed (only as needed) [Rx for 30 (5mg) tablets] - Only take this medication if the other scheduled pain medications are not adequately controlling your pain.
- Common side effects of Oxycodone pain medication include nausea, drowsiness, constipation – to decrease these side effects, take with food – if constipation occurs, consider taking an over the counter laxative.
- If you are having a problem with nausea and vomiting please take one of your anti-nausea medications – Zofran. If still having issues please call our office for a possible medication change.

Activity:

- You are limited weight bearing after your surgery (50%); it is required that you use crutches for 3 weeks postoperatively to provide you with extra stability and to protect your hip. Do not hyper extend or hyper flex your hip as this will be painful.
- Only move your hip in a pain free range of motion.

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- You have been provided a hinged hip brace – this is to be used for your comfort when walking; it should be unlocked from 0-90 degrees.
- The day after your surgery we encourage you to ride a stationary bike 2-4 times a day for 5-10 min. This will keep your hip from getting too stiff.
- A Continuous Passive Motion (CPM) machine will be provided for you. You should use this 4 hours a day if not utilizing a stationary bike, 2 hours if you are. Keep hip flexion less than 90 degrees with the CPM.
- Do not engage in activities which increase knee pain and swelling (prolonged standing or walking) over the first 7-10 days after your surgery.
- Avoid long periods of sitting or long distance traveling for 2 weeks.
- No driving until instructed by Dr. Keller.
- May return to sedentary work ONLY or school in 3-4 days after surgery, if pain is tolerable.

Ice Therapy:

- Begin immediately after surgery
- Use Ice every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep leg elevated to the level of the chest when icing.

PT:

- Formal physical therapy (PT) will begin after your first post-operative appointment.

Emergencies:

- Contact Dr. Keller if any are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (>101) or chills. It is normal to have a low-grade fever after surgery.
 - Redness around the incision
 - Color change in toes or feet
 - Continuous draining/bleeding from the incision (small amounts are completely normal)
 - Difficulty Breathing
 - Excessive nausea.

***If you have an emergency please contact Dr. Keller before going to a hospital or emergency room.

Follow-up Care/Questions:

- Please contact Katharyn Chernicky, Dr. Keller's assistant at 248-659-0190. OR email Dr. Keller at RKeller@DL-Ortho.com.
- If you do not already have a post-operative appointment, please call and schedule by calling 248-650-2400 and asking for appointment scheduling.