

## Wound Care

You will notice that your first dressing gets soaked with arthroscopic fluid. This is normal. You may remove your dressing after three days unless otherwise specified by your surgeon. If absorbable sutures are used, then leave the steri-strips covering them for the first two weeks. If nylon sutures are used, then they will be removed at your first postoperative visit.

## Showering

You may get your incisions wet in the shower once your dressing has been removed on postoperative day three unless otherwise specified by your surgeon. If there is any drainage, warmth, redness, or fever greater than 101.5 degrees after the first five days of surgery, then call the doctor immediately. No soaking in the tub or swimming pool for two weeks after surgery or until specified by your surgeon.

## Ice

Ice at 20 to 30 minute intervals may be performed three times a day at the wound for the first seven days after surgery.

## Physical Therapy

Therapy will be an important component of your rehabilitation. The goals will be to progress you from simple motion exercises to strengthening exercises and eventually sporting activities. Your plan will be tailored to you. You may use the peddler bicycle or a stationary bicycle at home three times a day for ten to twenty minutes, starting the morning after surgery. The first four to six weeks will be mostly about achieving a quality range of motion for your hip. The next six weeks will be about gently strengthening around your hip. By three to four months we will begin more advanced strengthening and sport-specific exercises, depending on how your progress. Have patience and remember that a full recover may take a full year.

## CPM machine

If you are given a CPM machine, you will use it for four to six hours a day for the first two weeks after surgery. You may set the machine at 0 to 60 degrees. Occasionally the CPM will be used for up to six weeks if microfracture surgery is done.

## Hip Brace

You may be asked to wear a protective hip brace when using your crutches for the first two weeks after surgery. You do not need to wear it when in bed or sitting.

## Padded Boots and Pillow

You will be given padded boots and a pillow with straps. If you are not using the CPM at night while sleeping on your back, then you will need to wear the boots with your feet strapped to the abduction pillow to prevent an injury due to internal or external rotation for the first two weeks after surgery.

## **Medications**

Take as prescribed. You will be given a pain medication, normally Vicodin or Percocet. Take these medications for the first two weeks as needed. You will usually not need to use these medications past the first few days and should attempt to wean from them accordingly. You will also be given a prescription for Naprosyn or Motrin to prevent heterotopic ossification (extra bone) from growing around the hip. You will take this for three weeks after the surgery. Tell your doctor if you have any gastrointestinal problems or allergies to medications. Take this medication with food.

## **TED hose**

You will be given tight hose to wear for four weeks after the surgery. These give good compression and help prevent blood clots. Pump your ankles up and down periodically when seated or in bed to also prevent blood clots.

## **Driving**

You will be permitted to drive once you are able to control the vehicle safely and once you have been cleared by the surgeon. For many people who have surgery on the right hip, this may take at least three weeks or more. Do not drive while taking pain medications and check with your doctor at your first postoperative visit before returning to driving.

## **Follow-up**

Your initial follow-up visit will be one to two weeks after surgery. The second visit will usually be at six weeks postoperative, followed by a visit three to four months after your operation. If you have any questions, concerns, or problems between official visits, call our office at 1.866.974.CORE (2673).