

HIP ARTHROSCOPY

Dr. SAFRAN's POST-OP INSTRUCTIONS

1. Weight Bearing:
_____ Weight bearing As Tolerated on the operative leg using the crutches as Needed
_____ 20lb Foot Flat Weight bearing on the operative leg using crutches for _____ Weeks
2. Do home exercises- *start the first day after surgery*:
 - A. Do Heel slides. Sitting up, slide your heel toward your buttock. This may be assisted by using a towel to pull your foot. A CPM (continuous passive motion) machine may alternatively be used. The CPM should be set at 0° – 70° for _____ hours per day.
 - B. Do Calf Pumps. Move your ankles, both legs, up and down, at least 10 times an hour until you are up and around regularly to encourage blood flow in the calves and reduce the risk of DVT (blood clot).
 - C. Use of a stationary bicycle on LOW resistance is permitted and will help increase hip flexibility and reduce swelling
 - D. Have a friend or family member rotate your operative leg in a circular arc (about 1-2 feet diameter) for 1 minute, 5 times a day
3. Cold Therapy (Game Ready) or Ice may be used as needed to help with pain if necessary. (A bag of frozen peas works well too!!) Use for 30 minutes then take 30 minute break.
4. Wear the TED Hose (Stockings) until you are up and around regularly. You may then remove them.
5. Take the pain medicine prescribed as needed for moderate pain. DO NOT WAIT until the pain is unbearable. You may also take aspirin or Tylenol for minimal pain.
6. When you get home take food and fluids in moderation. Sometimes the digestive system is slow after anesthesia. A scratchy, sore throat is not unusual.
7. Expect minimal bloody drainage on surgical dressings. Call the doctor if the bandage becomes saturated.
8. Make sure you have an appointment to see the doctor's assistant 2-4 days after surgery. Your appointment is _____.
9. Make sure you have an appointment to see Dr. Safran 10-14 days after the surgery.
10. Showering is possible after the dressing is removed- after 10-14 days. Do not soak the hip area (in other words- no bathtub, hot tub, Jacuzzi, swimming pool or ocean) until the doctor says it is ok to do so.
11. Make sure you have an appointment for physical therapy set up for approximately 1 week postop, and you have a prescription for therapy.
12. Dr. Safran will go over the findings during surgery at your post-operative office visit.