



## **Hip Arthroscopic Labral Repair and Osteoplasty Post-Operative Instructions**

### ***Diet:***

Advance to solid food as tolerated

### ***Bandages:***

During arthroscopic surgery, the joint is irrigated with water. There will typically be two to three small incisions closed with sutures. Your hip will be covered with a bulky dressing. Water may gradually leak through these incisions, saturating the bandage. This blood-tinged drainage may persist for 24-36 hours. If it has not significantly decreased by this time, please call our office.

In 72 hours, you may remove your dressings and place small band-aids or gauze over the incision sites. You may change the band-aids as necessary if there is any drainage. Do not clean your incisions with peroxide, alcohol or ointments.

### ***Bathing/Shower:***

You should keep the surgical site dry until you have seen Dr. Gandhi in the office at your first post-operative visit. At that time, your stitches will be removed. You may take a shower two days after surgery, but avoid water running directly over the dressing/bandages. The incisions should not be soaked (e.g., bathtub, hot tub, swimming, etc.).

### ***Activity:***

Crutches will be necessary to help decrease discomfort, and protect your hip, while walking for the first two weeks after surgery. During this time, you should only put partial weight on your operative leg. After 2 weeks, you may progress to weightbearing as tolerated.

It is important to maintain your hip motion after surgery. Use of a stationary bike, with no resistance, for 5-10 minutes at a time is encouraged. Isometric quadriceps exercises, such as straight leg raises, are a good way to help build up muscle strength. You should also perform ankle pumps on a regular basis to prevent blood clots. You will start formal physical therapy after your first post-operative visit.

### ***Medications:***

Dr. Gandhi will prescribe an analgesic medicine to be used after surgery. Occasionally, pain medicine can cause nausea and/or constipation. You will be given a prescription for anti-nausea medicine if needed. You do not need to fill this prescription, but keep it hand in the event you need it. Any over-the-counter laxative or stool softener may be used if you have constipation.

Unless otherwise directed to take an alternative anticoagulant, you will need to take a baby aspirin (81 mg) once a day for 2 weeks after surgery. This is a low dose blood thinner to help prevent blood clots. You will be given a prescription for Naprosyn 500 twice a day – which you will take for 3 weeks after surgery. This is an anti-inflammatory medication which will help prevent extra bone formation in and around your hip, which is a potential risk from hip arthroscopy.



**Comfort Measures:**

Ice is an excellent way to diminish pain and swelling after surgery. Apply ice to the knee for 15 to 20 minutes at a time, for at least 4x a day. In addition, keep your leg elevated with a pillow under your calf, not your knee.

**Problems:**

Your knee may have swelling, soreness, and bruising for the first several days. This is to be expected. Please contact Dr. Gandhi's office if you have any of the following:

- Severe pain
- A temperature above 101 degrees
- Pain, redness, or significant swelling in your knee or calf (a bruised appearance is normal)

***You will need to see Dr. Gandhi for a follow-up appointment 10-14 days after surgery. Please call the office to make this appointment if it has not already been scheduled. At this first appointment, physical therapy will be prescribed.***