



Dr. Cincere Post-Operative Instructions for Hip Arthroscopy

1. Rest, Ice, Elevation

- Generally rest for the next day after surgery
- Ice your Hip for at least 15-20 minutes every 2 hours while awake for 3-4 days, or use the ice machine as discussed prior to surgery, this will help control pain and swelling.
- Elevate your leg under the heel, NO pillows under knee, do not let dangle for extended periods of time, will cause lower leg to swell.

2. Crutches

- Crutches are used for 50 pounds Weight bearing; this will differ based on your procedure. Discontinue crutches as pain subsides and a normal gait is achieved, typically 1 – 4 weeks after discussion with physician. A CPM machine may be used at home. This will be decided before surgery (Start the day after surgery between 0 degrees for a total of 6 hours. Increase range 10 degrees per day to a max of 90 degrees)

3. Exercise

- Begin exercises the night of surgery, repeat 10 times every hour
- Circumduction exercises – Someone else should take your hip through large circles, 10 each direction every hour. Stationary Bike with No resistance, Elevated Seat may be used for 10-20 minutes at a time.
- Quad Sets – push back of knee into bed and hold for count of 10
- Ankle Pumps – push ankle up and down multiple times to encourage blood flow
- Hamstring Sets – push heel into bed for a count of 10
- You may lay on your stomach 1-2 hours a day. Avoid excessive rotation of the hip

4. Medication

- Enteric coated Aspirin 325 by mouth twice a day starting the day after surgery for 30 days
- Indocin SR 75 mg once daily for the first 4 days
- Naprosyn EC 500 mg twice daily day 5-35
- Prilosec 20 mg once daily while on Indocin/Naprosyn
- Take the following prescribed medication as directed:

To minimize stomach upset, take with food. Remember narcotics may cause constipation, a laxative may be needed and drink plenty of water/Gatorade. NO driving while on narcotics.

5. Dressing/Showering

- Slight reddish or clear fluid drainage is very common. A water proof dressing has been applied which will allow you to shower as long the dressing stays sealed. May change on day 3 after surgery.
- If dressing comes off or seeps through, Place dry dressing, Band-Aids, on the incisions but do NOT place any topical ointments, peroxide or alcohol. Do Not soak in tub or swim

6. Questions/Concerns Call 423-624-6584

- Fever greater than 101.5 degrees F
- Numbness, loss of good color or coolness in the leg
- Severe pain unresponsive to narcotic medication
- Excessive bleeding or vomiting
- Difficulty breathing or shortness of breath, Call 911 or go to the ER

7. Follow Up

Your post-operative appointment is scheduled on _____