



Post Operative Instructions: Hip Arthroscopy- Labral Repair Template

ACTIVITY

- Do not bear weight on the operative leg until permitted by your surgeon. Please use crutches to assist with walking.
- For the first 2 weeks, you should use "flat foot weight-bearing" with crutch assistance, as taught to you. Please call if you have questions.
- Do not engage in prolonged periods of standing or walking the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long-distance traveling for 2 weeks.
- You may move your hip and knee as much as you would like.

DRESSING & INCISIONS

- Please keep the dressings clean and dry. They may be removed after you arrive at home (or 4 days after surgery) and then be left open to air.
- After removal of dressings, you may shower normally and pat the incisions dry
- We recommend a sponge bath initially, particularly because it is hard to stand on one leg in the shower, especially if you are on narcotic pain medications.
- Do not apply Bacitracin or other ointments.
- Avoid soaking in pools, lakes, hot tubs, or the ocean until sutures are removed and the incision is fully healed.

PAIN & INFLAMMATION

Ice

- Apply ice wrapped in a dry towel 20 minutes at a time, several times per day for the first week, then as needed.

Compression

- Use an ACE wrap or white stocking to reduce swelling.
- The white stocking should be worn for 5–7 days to help prevent blood clots and reduce knee swelling.

Elevation

- Keep your foot elevated above heart level as much as possible for the first 3–4 days.
- Place a pillow under your calf or foot, not under the knee.

Pain Medications

- Take your prescribed medications as directed.

Tylenol (Acetaminophen)

- First-line for pain.
- Take 1000 mg every 6–8 hours.
- Do not exceed 1000 mg per dose or 4000 mg per day (limit to 3000 mg/day if you have liver issues).

- Do not drink alcohol while taking Tylenol.

Oxycodone

- For moderate to severe breakthrough pain only.
- Use sparingly and wean off as soon as possible.

Common side effects include:

- Nausea: Take with food.
- Drowsiness: Do not drive or operate machinery.
- Itching: Benadryl may help.
- Constipation:
 - Use stool softeners (e.g., Senna-Docusate) or OTC options (Mineral Oil, Milk of Magnesia, etc).
 - Avoid bananas, rice, apples, toast, and yogurt (may worsen constipation).
 - Light walking helps stimulate bowel function.

Refills:

- If you think you will need a refill, you must request it during regular weekday office hours.

DVT PROPHYLAXIS

- Take Aspirin 162 mg daily as prescribed.
 - This is not for pain—it's to reduce the risk of blood clots (DVT/pulmonary embolism).
 - If you are at higher risk, you may be placed on Lovenox instead. If you are already on anticoagulation, you may have a different plan.

EMERGENCIES

You must have someone stay with you during the first 48 hours after surgery.

Call the clinic or the on-call orthopedist if:

- Drainage soaks the dressing, increases, smells foul, or if incisions become red, warm, or very painful.
- You develop a fever $>101.5^{\circ}\text{F}$ or chills.
- You experience leg or calf pain, swelling, or difficulty breathing.

FOLLOW-UP CARE

- Schedule a follow-up appointment at ~2 weeks postoperatively for a wound check, suture removal, and review of your surgery (if not already scheduled).
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