



Hip Arthroscopy: Post-Operative Instructions

- 1) **Medications:** Take all medications as prescribed. (Refer to med sheet given at your pre-op appointment). If pain meds are needed refilling contact our offices with advance notice. *Note, Dr. Johnson is in surgery on Wednesday and Friday and narcotics cannot be signed for and dispensed on these days.*
- 2) **Wound Care:** Please continue to ice and elevate! You cannot ice too much!
 - a) The white stocking will stay on for 1 week (remove only for showers).
 - b) **Two days after your surgery you may change your dressing at home.** (Friday or Sunday). Start by removing all tape and gauze. If gauze has dried blood on it, that is normal. Remove the yellow gauze as well. Leave steri strips on, these are the flesh colored strips that are in the shape on “X”, and they are covering your stitches. Place the provided tegaderms over your incisions and leave them on until you are seen at your first post-op appointment.
 - c) **Once the tegaderms are on, you may shower. No baths, hot tubs, or any water submersion. Keep your showers brief.**
- 3) **Exercises and Physical Therapy:**
 - a) Continue the ice sessions in 60 minute intervals at least 3x/day
 - b) Continue CPM for the first 2 weeks post op. Advancing 10 degrees every other day as tolerated. Do not flex CPM past 90 degrees.
 - c) No flexion past 90 degrees or external rotation of the hip for 6 weeks post op.
 - d) Schedule Physical Therapy. We will give you the referral after suture removal.
- 4) **Crutches:**
 - a) You are PARTIAL WEIGHT BEARING on day 1 after surgery. Make sure that you use your crutches or walker for at least 4 weeks (less if instructed). You will transition off the crutches with your physical therapist.
- 5) **Follow Up Appointments:**
 - a) Schedule your follow up visit approximately 7-10 days after your surgery for suture removal. The next appointment will be at 6 weeks post surgery.

- 6) **Notes, etc:**
 - a) Make sure you have all necessary notes and documentation for school or work.
 - b) Numbness to groin, thigh, or foot after surgery are completely normal and will resolve over time.

- 7) **Issues: Remember, our goal is to make this process smooth and easy.
If there is anything you need please ask or call (405) 424-5417!!!!**

Thank you for letting me take care of your orthopedic problems,

M. Brandon Johnson MD