

STEPHAN J. SWEET, M.D., M.P.H.

A Professional Corporation

Sports Medicine, Arthroscopy, & General Orthopedic Surgery

Post-Operative Instructions Hip Arthroscopy

1. Remove the bulky white dressing on post op day 2 and apply band aids to incisions. Leave steri-strips on the skin.
2. Apply additional dressings as needed for continued drainage.
3. Walk with crutches at all times. You may place ONLY 20 lbs. of weight on the operated leg.
4. Physical therapy appointment should begin within the first week, or when pain allows.
5. Therapy as per Dr. Sweet's protocol. Have therapist contact our office with any questions, and please make sure your therapist has Dr. Sweet's protocol.
6. Use the continuous passive motion (CPM) machine at least 4 hours per days. Motion can begin at 30-70 degrees, and progress to 0-90 degrees as soon as possible. If CPM is not available or if you prefer stationary bicycle, you may replace CPM with stationary bicycling for at least 2 hours per day, on the lowest setting and using your other leg to move operated hip.
7. Wear the brace outside of clothes for 2 weeks unless told otherwise. May remove for shower. Wear at night for 2 weeks. If the brace is to be worn for 6 weeks, it can be removed for sleep after 2 weeks.
8. Use the ice pad or ice packs for 1 hour at a time with 30 minute breaks.
9. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
10. Do not soak the hip in a tub or go swimming in the pool or ocean until your incisions are healed, at least two weeks after surgery.
11. Driving:
 - a. If surgery was on your right hip, driving is not permitted until after you are released from crutches by Dr. Sweet, usually at your post-op visit. If surgery was on your left hip, driving is permitted when you have stopped taking pain medicine and feel you can drive safely.
12. Please call the office to schedule a follow up appointment 10-14 days after surgery if you do not already have an appointment scheduled.
13. If you develop a fever (101.5°), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
14. You may experience some low back pain due to muscle spasm from epidural, anesthesia or traction. If so, apply an ice pack to the area and take analgesics as prescribed.
15. Take Aspirin 325mg twice daily x 4 weeks. Take as directed to prevent blood clots. If you have any difficulty taking NSAID's due to gastrointestinal problems, alternative medications will be used. If stomach pain or bleeding develops while taking these medications, discontinue and call the office.
16. Discontinue narcotic pain meds when pain is controlled.
17. Over the counter Colace or Milk of Magnesium is recommended to prevent constipation that can occur from narcotic pain medication.
18. You may want to purchase a raised toilet seat. These are readily available online for around \$30.

If you have any questions, feel free to call our office.