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Hip Arthroscopy Instructions

Dane Todd, MD

1. **Ice** the hip for 72 hours after surgery.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Heterotopic Ossification** – Please take your prescribed Naproxen twice per day for 3 weeks following surgery. This is to prevent new bone formation in the soft tissues around the hip.
4. **Dressings** – Keep your dressings on for 3 days after surgery. Then you may remove the dressings (leave the steri-strips in place) to shower. Please re-apply new gauze dressings over the wound. Do not use any ointment, creams, or lotions on the incision.
5. **Showering** – You may shower 3 days after surgery. Wash your incision gently with soap and water; do not scrub the incision. Pat the wound dry and apply new gauze. Do NOT take a bath or submerge your wound under water (i.e. pools, hot tub).
6. **Range of motion** – You may advance your range of motion as tolerated, letting pain be your guide. Do not force your motion beyond what is comfortable.
7. **Weight Bearing** – Start out Toe touch weight bearing with crutches for the first 2 weeks after surgery. You may SLOWLY progress this to partial weight bearing with crutches over the next 2 weeks (weeks 3 and 4 post-op). ***If you had a capsular repair for instability you must remain toe touch weight bearing for 4 weeks after surgery
8. **Driving** – You may drive once you are completely off all pain medications and feel comfortable doing so. Make sure to leave yourself extra space and time to stop and avoid any sudden movements.
9. **Post-op appointments** – Typically: 4 weeks, 4-6 months, and 1 year post-surgery
10. **Typical Return to Activities** – This will vary from patient to patient and will be based on your surgery. We will discuss this in the office. However, you should typically plan on:
 - 0-3 months – concentrate on activities in life that you ‘have’ to do (errands, work)
 - 3-4 months – Light Sports Activities (jogging, outdoor biking, swimming, golf)
 - 4-6 months – Return to sports – Modify any activities that cause discomfort