

ASHEESH GUPTA, MD, MPH

www.asheeshguptamd.com

www.novaorthospine.com

Hip Arthroscopy Post-OP Instructions

1. Remove the dressing on Post-Op Day (POD)#2. DOS is considered POD#0.
 - Apply dressings as needed to wound sites (Band-Aids or Dry Dressings)
 - Please do not use bacitracin or other ointments on the incisions
2. You may shower on post-op day #2 after the bandages have been removed
3. Use ice as often as possible, 30 minutes at least 4 times a day. This will help decrease swelling and pain
4. Walk with crutches and brace at all times only applying toe touch weight on operative leg. Unless instructed otherwise
 - At 2 weeks postop
 - At 6 weeks postop (Reconstruction)
 - At 8 weeks postop (Microfracture)
5. You may discontinue the brace and crutches only during **Physical Therapy** and **Bathing**
6. Continue physical therapy per protocol (progressing through all 4 phases)
 - If physical therapy is delayed, begin therapy at: _____
7. Therapy per Dr. Gupta's protocol. Have the therapist contact our office with any questions, and please make sure your therapist has Dr. Gupta's protocol. Protocol is also available at www.asheeshguptamd.com
8. Do NOT soak the hip in a bath tub until your incisions are healed. Do not soak the hip in water or go swimming in a pool or ocean until your incisions are healed
9. Driving is not encouraged until you are off of the crutches and out of the brace. You MAY NOT drive while taking the narcotic pain medication
10. Please schedule your post-op appointment with Dr. Gupta's nurse practitioner Brandi for 2 weeks after your surgery date
11. If you develop a fever >100.5, redness or drainage from the surgical incision site, please call our office to arrange an evaluation
12. You may develop some low back spasms from anesthesia or traction that was used during surgery. If this happens apply an ice pack to the area and take your pain medication as prescribed
13. You should wear your TED hose stockings for at least 4 weeks following surgery. You may remove these stockings if you are up and around
 - Some patients will encounter a flare up between 6-10 weeks. In the event that this occurs, it is suggested that you begin a course of Aleve. You may take 2 tablets twice a day with food and only if you have discontinued other anti-inflammatory medications. This is provided that you are in good health with no outstanding medical conditions and have no known drug allergies to anti-inflammatory medications. If you do have any type of medical conditions, including but not limited to hypertension, stomach ulcers, please check with your primary care provider before beginning the medication
 - We would also like for you to begin 2 therapeutic stretches around this time (approximately 8 weeks postop) as well. The first stretch is for your hip flexors and the second stretch is for your piriformis (an external rotator of your hip). You should perform each of these stretches 10x per day holding 10 seconds at a time
 - For our athletes, you may expect a return to sports between 4-6 months