

## POSTOPERATIVE INSTRUCTIONS: HIP ARTHROSCOPY

### FROM HOSPITAL TO HOME

- ❖ You must be accompanied by an adult who can drive you home after surgery.
- ❖ You may have some dizziness from the effects of anesthesia and pain medications.
- ❖ You cannot drive, operate machinery, drink alcohol, or make critical decisions for at least 24 hours.

### SURGICAL DRESSING

- ❖ Arthroscopy requires a large amount of water to be pumped into your joint- this can lead to swelling and bruising which may extend down to your leg.
- ❖ You can shower on the 3rd postoperative day- take off ace wrap and gauze, leave white steri-strips on. After you shower, apply band-aids over incisions.
- ❖ Each time you take a shower, leave the band-aids and steri-strips on during the shower then change to fresh band-aids after.
- ❖ No baths or hot tubs until Dr. Kim allows.

### MEDICATIONS

- ❖ A narcotic pain medication will be prescribed to take as needed- please read and follow the instructions on the bottle.
- ❖ Nausea and/or vomiting is a side effect of narcotic medication- if this should happen, consider changing to liquid diet and decreasing activity level.
- ❖ Constipation is another side effect of narcotic medication- you will also have a prescription for a stool softener.
- ❖ While taking narcotic pain medication you cannot drink alcohol or drive.
- ❖ Try to wean off the narcotic pain medication as soon as your pain allows. You can transition to over-the-counter Tylenol (acetaminophen) as needed.
- ❖ You may be prescribed a blood thinner if you are at risk for blood clots.
- ❖ You will also be prescribed Naproxen for 4 weeks after surgery.

### ACTIVITY

- ❖ You will be given crutches to use, you are to be partial weight bearing with a brace to prevent rotation and abduction.
- ❖ Elevate the leg to reduce pain and swelling.
- ❖ Make sure you bend your knee and move your toes to keep your blood pumping in your leg. This will help to prevent blood clots.

### APPOINTMENTS

- ❖ You will see Dr. Kim 1-2 weeks after surgery, if you do not know your appointment date, please call 520-784-6200 to verify.
- ❖ You should schedule a physical therapy appointment to begin 1-2 days after surgery.