



all american orthopedic

& SPORTS MEDICINE INSTITUTE

Post Op Hip Arthroscopy Instructions

BANDAGES & DRESSINGS:

- Keep dressing clean, dry and intact:
 - Cover incision site when showering
 - Do not submerge in water (no pools, hot tubs, etc)
- Leave on dressing until the 3 days post operatively.
 - If incisions continue to drain, replace with dry dressings
 - If incisions look dry, replace dressing with water proof Band-Aids
 - Steristrips/stickers are above your incision. If they fall off, please cover with bandaids.
- Follow up appointment 2 weeks.
 - To schedule a follow up, call the office at (281) 335-1111
- You may ice through your dressings
- Maintain brace and boots

TIPS TO CONTROL YOUR PAIN

- Use ice or cryotherapy consistently—20-30 minutes several times each day
 - Be sure to take breaks from the cold
- Drink plenty of water and walk frequently to avoid constipation and blood clots

MEDICATIONS

- Script for narcotic was provided. Take only as needed
- Enteric Coated Aspirin 81 mg by mouth twice a day
 - To prevent blood clots
- A script for Indomethacin by mouth three times a day for 10 days with food
 - Important to avoid abnormal bone growth
 - If you have stomach issues, you may take an over-the-counter reflux medication or call the office.

SEQUENTIAL COMPRESSION DEVICES (SCDs)

- You may have SCDs ordered for you after your procedure. Be sure to follow directions to prevent blood clots as you may be limited especially after surgery.
- Wear the SCDs when lying or sitting. The SCD may be removed when you are ambulating.

PHYSICAL THERAPY

- You should start Physical therapy as soon as possible.
- A prescription may be provided to you for physical therapy today.
- Please contact the office and let us know where you have decided to pursue therapy to ensure your therapist and surgeon are working together to accomplish your goals.
- You must use crutches or a walker for at least 4 weeks postoperatively
- You must protect the amount of weight you put through the operative leg.
 - You are partial weight bearing (50% of your normal force through the leg)

If there are any questions or concerns, please do not hesitate to contact me.

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