



all american orthopedic

& SPORTS MEDICINE INSTITUTE

Post Op Hip Decompression 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
- Follow up appointment 2 weeks.
 - To schedule a follow up, call the office at (281) 335-1111
- You may ice through your dressings

WORK/SCHOOL: You may return to work or school 3 days after surgery

TIPS TO CONTROL YOUR PAIN

- Keep your leg elevated above your heart
- Use ice or cryotherapy consistently—20-30 minutes several times each day
 - Be sure to take breaks from the cold
- If health history allows, you may take anti-inflammatories – Toradol, Ibuprofen (Advil, Motrin), or Naproxen (Aleve) with your Narcotic pain relievers
 - Be sure to take with food.
- Drink plenty of water and walk frequently to avoid constipation and blood clots

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 maybe limited especially after surgery.

PHYSICAL THERAPY

- 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 should be ambulating with a cane or walker. Do not put any weight through the operative leg
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If there are any questions or concerns, please do not hesitate to contact me.

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