

A Patient's Guide to Hip Arthroscopy – Post-Operative Care

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Your surgery is done, now let the recovery and rehabilitation begin! This is an overview timeline of what you can expect after surgery.

Discharge from Hospital until 1st post-op visit (7-10 days)

- You will be given paperwork with all your instructions on it prior to leaving the hospital (see attached Post-Operative Hip Arthroscopy Instructions). Your recovery room nurse will go over these with you prior to you going home.
- You will be on crutches and only allowed to put approximately 30 pounds of pressure on your operative leg (touch-down weight bearing). This will help you be able to maintain your balance better and not put too much stress/strain at the surgical site.
- You will need to wear your hip brace at all times (even while sleeping) until your 1st office visit. This means showering will not be allowed this 1st week, sponge bathing is allowed. This is to cut down on the potential risk of infection.
- Be sure to take your medications as instructed on the bottles.
- The ice cooler may be used as much and often as needed.
- You will need to keep your white surgical stocking on as well for a total of 3 weeks.
- Keep your surgical bandage/dressing on until seen in our office for the first visit.
- **Please remember not to hesitate to call if you have any questions or are concerned at 855-NH-SPORT.**

1st Post-op Office Visit (7-10 days post-op)

- Your brace will be taken off, as well as your surgical bandage/dressings. You will also have your stitches taken out at this visit and steri-strips (butterfly bandages) will be applied.
- You will be permitted to shower after this visit! **You cannot submerge your incisions however (bath tub, swimming pool, hot tub) until you are 3 weeks out from your surgery.**
- We will look at your surgical wound/incisions to make sure you are healing well
- You will be given a prescription to begin physical therapy (P.T.) at this visit. Your P.T. can be done close to your home if you travel from a distance to see us.
- You will need to continue your brace until you are 2 weeks out from your surgery date. The brace, however, can be removed for showering, P.T., or when you are doing your home exercise program given to you by your therapist.
- Continue to wear your white surgical stockings for 3 weeks total.

2 weeks post-op

- You no longer need your brace.
- Continue physical therapy

- You may begin scar massage (along with your therapist) to help break up scar tissue at the incision sites.
- Continue surgical stockings, as well as your aspirin or lovenox, for 1 more week.

3 weeks post-op

- Your physical therapist may begin to wean you off of your crutches at this point.
- You are now allowed to use a swimming pool, bath tub, and/or hot tub.
- Discontinue your surgical stockings.
- Finish your remaining aspirin pills or lovenox injections

2nd Post-op Office Visit (1 month post-op)

- We will check the range of motion of your hip.
- Continue with therapy (a new prescription will be given).

3rd Post-op Office Visit (2 months post-op)

- We will check the range of motion and strength of your hip.
- We will give you a new protocol for physical therapy to start (Functional Hip Arthroscopy Protocol) to begin more sport/athletic training.
- If you are doing well and you have minimal to no pain, this may be your last follow-up visit unless otherwise needed.