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Hip Arthroscopy
Postoperative instructions

- **Weight bearing**

- You are partial weight bearing after surgery; it is required that you use crutches for 2-3 weeks postoperatively to provide you with extra stability and to protect your hip. Do not hyperextend (leg behind you) or hyperflex (leg too close to chest) your hip. This will be painful. Only move your hip within a pain-free range of motion.
- If you undergo microfracture or labral reconstruction, then your weight bearing will be restricted, typically for a total of 6 weeks.

- **Movement & Home Exercise Plan (HEP)**

- It is beneficial to change positions often after hip arthroscopy. Alternate sitting, reclining, and lying down approximately every 30 minutes. Feel free to move around at home as much as you can tolerate, as we do not want your hip to get stiff.
- **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.
- **Spend 1-2 hours per day on your stomach.** 10-20 minutes, 7-8 times per day.
- The **day after surgery**, we encourage you to provide motion to the hip with the following methods.
 - You may ride a **stationary bike** twice a day for 5-10 minutes (**no resistance**). Keep hip flexion less than 90 degrees – adjust seat to ensure < 90 degrees.
 - **Ankle pumps:** with leg straight, pump foot up and down. 20-30 reps, three times per day.
 - **Gluteal sets:** tighten buttock muscles for 5-second hold. 20-30 reps, three times per day.
 - **Transverse abdominal sets:** squeeze belly button toward spine without moving your pelvis for a 5-second hold. 20-30 res three times per day.

- **Sleep**

- **Foam boots** have been provided for you to use while sleeping. Please wear it at night while you sleep for the first week after your surgery. This will keep your feet straight and not allow your legs to turn out.
- **Ice**
 - Use bagged ice **as much as possible** when you get home at intervals of 30 minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.
 - Place the ice onto the hip over a thin layer of clothing or a towel, but never directly on the skin.
- **Wound care, Dressings/Bandages**
 - Leave surgical bandage on and do not shower for 48 HOURS
 - After 48 hours, remove bandages and gauze, but leave steri-strips (white tape) in place during showers.
 - Its normal to see bloody soaked fluid on the bandages.
 - After showers, leave the incisions open to air with steri-strips in place and gently pat dry. You may place BANDAIDS over the incisions
 - Do not apply lotions or ointments to the incisions.
 - Your stitches are absorbable under the skin – you will not need stitches removed after surgery.
 - Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.
 - Do not allow pets to sit on your lap or sleep in your bed for at least 4 weeks following surgery. Pets may harbor fleas, mites, or other organisms that may cause infection.

After surgery, call the clinic if you have....

- A fever higher than 101° (38.3° C).
- Changes in your incision: opening, drainage, redness.
- Numbness or tingling or loss of function of your leg.
 - Numbness around the incisions is normal.
- Increased pain or swelling in your calf.
- Nausea or other side effect not controlled by the medications you are given.
- **CALL 911 IMMEDIATELY IF YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH.**