

Hip Arthroscopy

Home Care Instructions

You may bear as much weight on your leg as you can tolerate. Most patients use the cane/crutches for 2 to 5 days.

-Dr. Michael Russonella

- Activity** Don't plan any other strenuous activities until you have been cleared to do so by Dr. Russonella. Follow all precautions given to you by the therapist to ensure that your new hip does not dislocate.
- Pain Medication** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if needed to relieve severe pain. If needed, only take one pill every four hours. If your pain is not relieved by one pill, you make two pills as your next dose. You may also use Tylenol if you choose. Use caution when taking narcotic medications because they affect your ability to drive and concentrate. Be aware that pain medicine tends to cause constipation. Make sure that you drink plenty of water and make sure that you have a stool softener.
- Ice** An excellent source for relief of inflammation, pain, stiffness, and swelling. Use it as often as 20 minutes out of every hour. You may continue to use ice for several weeks following surgery.
- Wound Care** Arthroscopy portal (wounds) are small and are usually closed with steri-strips and a stitch. The portals usually continue to drain or leak after you have returned home. Don't become alarmed unless you consider the volume or color of the drainage to be excessive. Every day you should clean the wounds with alcohol and apply a band aid to each wound. Apply the sticky part of the band aid away from the steri-strip. If you have a larger incision, you will need to keep it away from water until the stitches or staples have been removed. You may use an ACE bandage for support if desired.
- Showering** The 2nd morning following surgery you may shower after removing all the bandages from your surgery site. Do not use a hot tub, bath, or go swimming until the wounds have completely sealed off.
- Return Visit** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****