

What To Expect After Surgery

Chase D. Smith, MD

HIP ARTHROSCOPY

Post-Operative Care

- You will be on crutches for comfort, but able to put weight on the involved leg as tolerated.
- Continue use of the crutches until you are seen for your post-operative appointment.
- Wear your brace at all times for the first 2 days after surgery. You may remove it to shower and for therapy. After day 2, you may remove your brace to sleep as well.
- Ice the area several times per day for 20 minutes at a time (minimum of 20 minutes between sessions).
- You should be able to return to work/school as soon as you feel comfortable, likely 3-5 days.
- Do not get the incisions wet until your post-op appointment. Cover with waterproof bandages for bathing.
- It is normal to experience some groin/genital numbness after surgery. If experienced, this should resolve on its own within a few weeks of surgery.

Pain Control

- Ice will help control swelling and pain.
- We recommend you take the pain medication, as prescribed for the first 24-48 hours, then decrease as tolerated.
- Schedule pain medication so that you can take a dose about 30 minutes prior to physical therapy sessions.
- Even with pain medication, some discomfort or pain is normal. However, if you are experiencing a significant increase in pain, please notify our office at (334)793-2663.
- You should receive a prescription for pain medicine, anti-nausea, muscle relaxer and an anti-inflammatory medication before leaving the hospital. Please continue the anti-inflammatory until the prescription is gone, however you may discontinue the other medications as tolerated.

Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery, therefore will not need an oral antibiotic.
- It is normal to have swelling, discomfort, some heat around the surgery site, a low grade fever (<100 degrees), and clear/pink drainage.
- Notify our office if, after 24 hours, you have *marked and sudden increase* in swelling, pain, or heat in the joint or white/yellow discharge or persistent fever > 100 degrees.
- Clean the incisions daily with betadine, allow to dry and cover with a clean, dry bandage.

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Physical Therapy

- You will begin physical therapy on the first or second business day after surgery. During the first session, the primary goal should be pain and swelling control and beginning to work through the prescribed rehabilitation protocol.
- Your first physical therapy appointment will need to be scheduled prior to surgery. We will assist you to determine your physical therapy location and will fax the necessary paperwork to the therapy facility. You will also receive a copy. Physical therapy is typically recommended 2-3 times per week for 3-4 months.

Follow-Up

- **We recommend that you not drive until you are off all pain medication and can safely move your leg/foot from pedal to pedal.**
- Before leaving the hospital, you will receive your follow-up appointment, surgery pictures (if applicable), discharge instructions, etc.