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Hip Arthroscopy Instructions

Prescription Medications:

- Acetaminophen:
 - The medication is to help with post-operative pain
 - Take one 1,000 mg every 6 hours for 7 days after surgery
 - Do not exceed 4,000 mg of Acetaminophen in a 24 hour period
- Oxycodone:
 - This is a narcotic medication for pain
 - This medication is to be taken AS NEEDED
 - Plan to on a dose of 1-2 tablets every 4 hours as needed for the first 1-2 days
 - After 1-2 days you should begin to space out or discontinue the medication and transition to Acetaminophen (Tylenol) only
 - DO NOT exceed 4,000 mg of Acetaminophen in a 24 hour period.
- Celecoxib (Celebrex)
 - This is an important anti-inflammatory medication to help prevent bony overgrowth (called heterotopic ossification) that can be a potential side effect after surgery and to help with inflammation
 - Take a 200 mg tablet once per day in the evening with food for 20 days
 - If you are unable to tolerate this medication, or if not covered by insurance, please let the office know so we can put you on an alternative medication
 - DO NOT take ibuprofen, Motrin, Advil, Aleve, Naproxen, Naprosyn, Indomethacin, Meloxicam or other anti-inflammatories while taking this medication.
 - Once you have completed the 20 day course of this medication, you can take other anti-inflammatories as needed for pain
- Zofran (Ondansetron):
 - This may be prescribed for patients with a history of nausea

Would Care

- Leave the bulky surgical bandage on and do not shower for 24 hours
- After 24 hours, remove bandages and gauze, but **KEEP INCISIONS COVERED WITH BAND-AIDS**
 - You may shower at this point
 - Cover incision sites with waterproof bandage prior to getting into the shower
 - Should the incisions accidentally get wet, pat them dry with a clean towel. Do not scrub.



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- It is normal to see a lot of blood-tinged soaked fluid on the bandages
 - This may appear to be a pinkish-yellow fluid and is normal
- In between shower, leave the incision sites open to air
 - DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES
- Your stitches will be removed at your first post op visit
 - You may shower after without waterproof bandages over the incision sites.
 - Do not scrub the incision sites- you may let soap and water run down the incisions and pat dry with a towel once you're done
- Do not soak in any pool/bath water until 4 weeks after surgery.

Physical Therapy

- Physical therapy should start within one week after surgery
 - If your schedule does not permit, it is acceptable to wait more than a week
 - On the first visit to your physical therapist you should expect to:
 - Be taught proper weight bearing technique
 - Proper utilization of your crutches
 - Passive range of motion exercises
 - Isometric exercises to be done at home
 - Stationary bike (upright only, no recumbent)
- Choose a physical therapy clinic close to your home so you can be compliant with your program
- Please bring your prescription and hip scope physical therapy protocol to your first appointment. If the therapist has any questions, call (920)-420-8113.

Weightbearing:

- 50% weight bearing on operative leg, use crutches or a walker
- If you received REGIONAL anesthesia (a "block" to the leg), do not attempt to weight bear for the first 24-36 hours.
 - After the feeling has returned to the leg, you may be 50% weight bearing
- Walk with your foot flat to the ground, and "mimic" a normal gait (walking pattern)
- Once you are 2 weeks out from surgery, you may begin to progress your weight bearing slowly as directed by your physical therapist to full weight bearing, as long as your pain is not increasing while walking.
 - Getting off of the crutches takes all patients a different amount of time (General time period is 2-4 weeks)
 - Take your time and do not rush to get off the crutches



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Brace

- You will have a brace to be worn after surgery.
- Over the first few days, concentrate on icing the hip and wear the hip brace when you are up and about outside of your home
- The brace should be worn for 4 weeks
- You do NOT need to wear the brace while:
 - Sleeping
 - On the CPM machine
 - Laying on your stomach
 - Using the upright bike
 - Using the ice machine
 - Showering and using the bathroom
 - In the car
- The lateral (outside) post on the brace should be positioned over the lateral (outside) part of the thigh
- The Velcro on the straps can wear out
 - You can call the company rep that delivered the brace to get a replacement strap if this happens
- The point of the brace is to prevent hyperflexion and abduction (bringing the leg too close to the chest or bringing the leg too far away from the body)

Ice Machine

- Cycles on and off on its own
- Use it as much as you can for the first 72 hours
- Try to use it 4-5 times per day after the first 72 hours for the first two weeks after surgery.
 - You do not need it after 4 weeks
- Do not wear the brace over the ice machine pad

Continuous Passive Motion Machine

- Start using the machine the day after surgery
- Use the machine for a total of 4 hours per day for the first week after surgery
 - 3 hours per day the second week
 - 2 hours per day the third week
 - 1 hour per day the fourth week
 - Call the vendor to schedule a pickup after 4 weeks
- You can split up the time into increments if you get sore or tired



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- The initial settings of the machine should be at 40 degrees of flexion
- You may increase by 5 degrees per day AS TOLERATED. Comfort while in the machine is more important than increasing the degrees.
 - Example:
 - Day 1: 40 degrees of flexion
 - Day 2: 45 degrees of flexion
 - Day 3: 50 degrees of flexion
 - DO NOT exceed 90 degrees of flexion

*** These machines are indicated for use by Dr. Enright. Dr. Enright's office do not assume responsibility if the equipment is not covered by your insurance. Questions about equipment use and insurance coverage should be directed to the company that provides the equipment. These companies should have a quote of the maximum out of pocket cost in the event that your insurance does not cover the equipment.

Biking

- You may start biking on post op day 1
- You may use the upright bike only, no recumbent bike
- No use of the Nustep machine
- No resistance while on the bike
- Use your nonoperative leg to push the operative leg around
- 20 minutes on upright bike = 1 hour on continuous passive motion machine
- You do not have to go out and buy a bike, you may use the one that is provided for you at your physical therapy sessions.

General Activity Levels

- It is beneficial to change positions often after hip arthroscopy
- Alternate sitting, reclining, and lying down as much as you can tolerate
 - We recommend you get moving once every 30 minutes to prevent stiffness
 - Do not stay in a seated position for longer than 30 minutes
 - If you need a work note to get up from your desk, please let us know and we can send it in to your employer
- Spend 2 hours per day on your stomach (you can take the brace off for this)
- Laying around too much will make your hip feel stiff, so feel free to move around your home as you tolerate

Follow Up

- You will need to follow up in clinic with the Dr. Enright in 2 weeks.
- It is helpful to have someone with you to hear the instructions given at this appointment



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When should you contact the office?

- If you have a fever > 101.5 degrees F
 - A low grade temperature (even up to 100 degrees) is expected after surgery
- If you develop chills or sweats
- If you have pus, significant pain, or redness surrounding the incision sites
- If you are unable to urinate > 1-2 days after surge