



**STERLING RIDGE
ORTHOPAEDICS
& SPORTS MEDICINE**

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Post-Operative Instructions – Hip Arthroscopy

1. Leave dressing on until you return to clinic (generally 2-3 days after surgery).
2. Walk with crutches at all times. You may not place any weight on the operated leg.
3. Physical therapy appointment should be scheduled as soon as you leave the hospital.
4. Physical therapy as per Dr. Chin's protocol. Therapist should call office for any questions.
5. Use stationary bicycle for at least 2 hours per day. Talk to therapist for guidelines on use.
6. Begin passive hip circumduction exercises. Discuss technique with Dr. Chin or a therapist. Twice per day, you should do 20-25 passive circumduction (hip rotations) with the hip extended and 20-25 passive circumduction (hip rotations) with hip flexed to 45-60 degrees.
7. **Begin anticoagulation regimen:** Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please alert us.
8. **Begin anti-inflammatory regimen:** EC-Naprosyn 500 mg twice per day for 4 weeks.
9. Constipation can occur with pain medication. Take an over-the-counter laxative such as Colace or Senna as needed. Try to decrease pain medications as tolerated.
10. Please do not use Bacitracin or other ointments under the bandage. Use the Cryo Cuff or ice packs as often as possible, and at least 30 minutes four times per day. An Ace wrap may be used to help you control swelling.
11. You may shower on post-op day #3 if the incisions are dry. Gently pat the area dry after showering.
12. Do not soak the hip in water or go swimming (pool or ocean) until your incisions are healed.
13. Driving:
 - a. If surgery was on your right hip, driving is not permitted until after Dr. Chin releases you from crutches.
 - b. If surgery was on your left hip, driving is not permitted before post-op day #5, and then only if you have stopped taking pain medicine and feel you can drive safely.
14. Discontinue pain meds when able.
15. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.

Weight Bearing Instructions: 50% weight bearing for 4 weeks.

Brace Instructions: No flexion past 90 degrees for 6 weeks.

***Some patients will encounter a flare up between 6 – 10 weeks.** Talk to Dr. Chin and your therapist if you feel this happens to you. We may start a course of anti-inflammatories and alter your rehab.

If you have any questions, please call our office.