Mr. Siva Chandrasekaran
Orthopaedic Surgeon
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Post-Operative Instructions
Hip Arthroscopy

1. Remove the dressing on Day 2. Day of surgery is considered Day 0.
   - ➢ Apply dry dressings as needed that have been supplied by hospital
   - ➢ Please do not use ointments under the bandage.

2. Use the cryocuff or ice packs as often as possible: at least 30 minutes, 4 times per day.

3. Walk with crutches at all times. You may place ONLY 10kg. of weight on the operated leg until review by Dr. Chandrasekaran

4. Physical therapy appointment should be scheduled for 1-2 days postop.

5. Therapy per Dr Chandrasekaran's protocol.
   - ➢ Have therapist contact our office with any questions

6. Stationary Bike: 2 hours per day

7. You may shower on day 5 if the incisions are dry. Gently pat the area dry after showering.

8. Do not soak the hip in water or go swimming in the pool or ocean until your incisions are healed.

9. Driving is not encouraged until you are off of crutches and then only if you have stopped taking pain medicine and feel you can drive safely.

10. Please call the office to schedule a follow up appointment 10-14 days.

11. If you develop a fever ($>38.5^0$), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.

12. You may experience some low back pain due to muscle spasm from anesthesia or traction. If so, apply an ice pack to the area and take analgesics as prescribed.

13. Aspirin 150mg by mouth x1 times per day x 1 month or the substitute anticoagulation regimen which has been provided.
    - ➢ Begin the days after surgery. Take as directed to prevent blood clots. If you have any difficulty using blood thinners or have bleeding your please let us know.

14. Wear TED hose for 4 weeks postoperatively. May discontinue while sleeping.

15. Discontinue pain meds when able.

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