

BENJAMIN G. DOMB, M.D.

WWW.BENJAMINDOMBMD.COM
WWW.AMERICANHIPINSTITUTE.ORG

Post-Operative Instructions **Hip Arthroscopy**

1. Remove the dressing on POD#2. Day of surgery is considered POD#0
 - Apply dressings as needed to wounds sites (Band-Aids or Dry Dressings)
 - Please do not use bacitracin or other ointments under the bandage.
2. Use the cryocuff or ice packs as often as possible: at least 30 minutes, 4 times per day.
3. An ace wrap may be used to help you control swelling.
 - Do not wrap the ace too thickly or the cryocuff will not penetrate.
4. Walk with crutches at all times. You may place ONLY 20 lbs. of weight on the operated leg.
5. Wear the brace at all times. You may discontinue the brace:
 - during physical therapy
 - while on the bike or CPM
 - bathing
6. Physical therapy appointment should be scheduled for 1-2 days postop.
 - Unless otherwise instructed: _____
7. Therapy per Dr Domb's protocol.
 - Have therapist contact our office with any questions, and please make sure your therapist has Dr Domb's protocol. Available at www.benjamindombmd.com
8. Stationary Bike: 2 hours per day or Continuous passive motion (CPM) machine: 4 hours per day.
 - CPM: Motion can begin at 30-70 degrees, and progress to 0-90 degrees as soon as possible.
9. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
10. Do not soak the hip in water or go swimming in the pool or ocean until your incisions are healed.
11. Driving is not encouraged until you are off of crutches and out of the brace and then only if you have stopped taking pain medicine and feel you can drive safely.
12. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.
13. If you develop a fever (>100.5*), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
14. 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.
15. ASA 325mg by mouth 2 times per day x 1 month or substitute anticoagulation regimen has been provided
 - Substitute Medication if Necessary: _____
 - Begin the days after surgery. Take as directed to prevent blood clots. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
16. Wear TED hose for 4 weeks postoperatively. May discontinue while sleeping.
17. Discontinue pain meds when able

Weight Bearing Instructions:

- 2 weeks 20# flat foot WB
- 6 weeks 20# flat foot WB
- 8 weeks 20# flat foot WB
- Other: _____

Brace Instructions:

- 2 weeks
- 6 weeks
- 8 weeks
- Other: _____

If you have any questions feel free to call our office.