Your Care after Hip Arthroscopy

Medicines

- You may be given a few medicines for pain:
  - oxycodone/acetaminophen (Percocet), a narcotic pain medicine
  - tramadol (Ultram), a narcotic-like pain medicine
  - meloxicam (Mobic), a non steroidal anti-inflammatory (NSAID) medicine

By using a combination of pain medicines, your pain can be better managed.

- You will be given pain medicine prescriptions for 6 weeks after surgery. After that time, you will need to contact your primary care doctor or pain management doctor for any further pain medicine.

- Common side effects of narcotics are nausea and constipation. If you have constipation, take an over the counter medicine such as docusate sodium (Colace) or senna (Senokot). Ask your pharmacist to help you find what you need.

- Be sure you to drink plenty of fluids, preferably water. Also, increase the fruits and vegetables in your diet to help keep your bowels regular.

- You also may need to take blood thinner medicine to lower your risk of developing blood clots after your surgery. You will either be told to take:
  - Aspirin – 325 milligrams (mg), two times each day for 3 weeks.
  - Lovenox injections – your doctor will determine a dose amount.

- Call the office for any prescription refills needed. Please allow 48 to 72 hours as some prescriptions are not able to be called in.

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Activity Limits

- Follow the weight bearing restriction for your surgical leg for 2 weeks after surgery, or as directed by your doctor.
- Use your crutches for 1 to 3 weeks after your surgery. You can stop using your crutches when you can walk without pain and without a limp.

Equipment

- CPM machine is used to keep your leg from getting stiff until you start your therapy. Use it for 2 hours 2 to 3 times each day. When therapy starts, you can return the machine to the company that supplied it for you. You should progress from 0 to 90 degrees as you are able with the CPM.
- Hip spica wrap is used to help decrease swelling in the hip after surgery.

Physical Therapy

Physical therapy should start the Friday after your surgery. You may have been given a prescription for this at the appointment before your surgery. If not, call us with a fax number for the facility you wish to go to, and we will fax the prescription.

Driving

You can resume driving when you are off the narcotic pain medicine and walking without crutches or a walker.

Wound Care

Change the dressing as often as you need to keep the incisions dry. When there is no longer any drainage, you do not need a dressing on the incisions.
Showering

- Clean the incision each day using mild soap and water. Do not let the water from the shower hit the incision directly until it is healed.
- If you need a shower chair, we will give you a prescription to get one.
- Do not swim or use a hot tub until the stitches are removed and your wound is healed.

Follow-up

- You will be seen by Tiffany Greene, a physician assistant, 2 weeks after surgery for an appointment. She will look at your incision, remove stitches and answer any questions you may have at that time. If prescription refills are needed, please call the office before your appointment.
- At 6 weeks after surgery, you will see Dr. Ellis. You will need to have x-rays before this visit with Dr. Ellis.
- If you have other questions, please call the office at 614-293-3541. We want you to feel free to call with any concerns. We are here to help you.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.