
Post-Operative Information
for
Hip Arthroscopy

*The following are general guidelines that may vary depending on the individual, the details of the procedure, and/or the anesthesia that was administered.

Diet

- Post-operative nausea and vomiting is a common side-effect of anesthesia.
- Progress your diet as tolerated.
- Drink plenty of non-alcoholic, non-caffeinated fluids.

Wound care

- Do NOT remove dressing unless saturated.
- A small amount of drainage and swelling in the affected extremity is common.
 - If the incision is draining, reinforce with sterile gauze and occlusive dressings.
- If there is excessive drainage and/or redness surrounding the incision or red streaks coming away from it, increased pain, and/or increased temperature please call the office immediately.
- Do not submerge your body such as in a tub, pool, hot tub, or ocean.
- Swelling in the affected extremity is common.
 - To decrease, ice and elevate the affected extremity above the heart

*** Expect foot numbness and tingling for 24 hours ***

Icing

- Ice your hip 5-6 times a day, 20 minutes at a time, for the first 2-3 days.
- If you purchased an ice machine (Polar Care), use the above intervals for at least 3-4 hours a day.
 - Be sure to put a thin sheet between the ice and your skin, as the ice can cause frost-bite.

Activity

- Your weight bearing status will be determined after the surgery and noted in your discharge instructions. Please follow this closely.
- You are to begin physical therapy (PT) **2-3 days after the surgery**.
 - **To ensure a PT appointment, you need to call to schedule your appointment at least 1 week prior to your surgery.**
 - A prescription for PT and Dr. Tabaddor's protocol can be sent to your physical therapist via fax.
- Avoid prolonged periods of sitting (without the leg elevated) or long distance traveling for 2 weeks.
- Milestones to be accomplished at the end of the 1st week:
 - Full extension (straightening) of the hip and knee
 - Weaning off pain meds
 - Stationary bike without difficulty
 - Understanding of PT program
 - Ambulation on crutches without difficulty

School/Work

- If pain is tolerable, you may return to school or sedentary work 3-4 days after surgery.

Driving

- **No** driving until you are off narcotic pain medications.
- You may drive when you feel your braking time is not affected by your surgery and you can do so safely.
- For right hip surgery, this may be 4-6 weeks. It may be sooner on the left.
- Please use caution in the beginning and consider first practicing in an empty parking lot.

Pain Management

- You will be prescribed a narcotic pain medication to be taken *as needed* for pain.
 - Use the least amount as possible to alleviate pain.
- Common side effects include nausea, vomiting, and drowsiness.
 - To decrease these, take medication with food.
 - If nausea and vomiting persist, please call the office.
- Narcotic pain medications can cause constipation.
 - Take a stool softener daily (i.e. Colace[®], Senokot[®], milk of magnesia), drink extra fluids, and increase your daily fiber intake.
- Narcotic pain medications like Vicodin[®] and Percocet[®] contain Tylenol[®] (acetaminophen).
 - Do not exceed more than 4000mg of acetaminophen per day.
- Do not drive or operate machinery while taking narcotic pain medications.
- Do not drink alcohol while taking narcotic pain medications.
- Take Naprosyn 500mg twice daily for 3 weeks in addition to narcotic pain medicine to:
 - reduce the risk of bone re-growth
 - help with pain and swelling
 - smooth out the post-operative “peaks and valleys”
 - reduce overall amount of pain medications required
 - increase the time intervals between narcotic pain medication usage
- Call the office if you continue to have uncontrollable pain.
- Please refer to the pain contract for additional information.

Follow-up Care and Questions

- **Please be aware that we work out of 2 facilities:**
 - **Monday, Wednesday, Thursday** at 1598 South County Trail in East Greenwich
 - **Tuesday** at 100 Butler Drive, Providence****Please verify the location prior to your appointment****

- If you have any further questions, call Dr. Tabaddor's Administrative Assistant, Jackie, at (401) 402-1040.

EMERGENCIES

- Call the office at (401) 402-1040 if you experience:
 - Incision opens
 - Redness, streaking, and/or pus at incision sites
 - Uncontrollable bleeding
 - Pain uncontrolled by pain medicine
 - Painful swelling
 - Severe pain or redness in calf
 - Difficulty breathing or chest pain
 - Fever > 101° F for 24 hours or shaking chills