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## **HIP ARTHROSCOPY POST-OPERATIVE DISCHARGE INSTRUCTIONS**

**Mount Sinai Medical Center  
Department of Orthopaedics – Sports Medicine Service**

**Alexis Chiang Colvin, M.D.  
(212) 241-1815**

### **General:**

- Dressings left on for 48 hours after surgery
- 48 hours after surgery you may:
  - remove dressings and place clean DRY band-aids over incisions
  - if the incisions are still draining, place a waterproof dressing (such as an op-site) over the incision site until it is dry
  - if there is no drainage from the incisions, you may shower...do not scrub over incisions or place any ointments on it, pat dry and place new band-aids over incisions
- Hip brace at all times (including sleep)
  - Can remove brace for showering
- CPM (continuous passive motion)
  - You may need to place a rolled-up towel on the lateral side of your knee while in the machine
  - This will prevent your hip from turning out into external rotation
  - You will need assistance to get into the CPM for the first couple of days after surgery.
  - You may also place a rolled towel behind your lower back to prevent low back pain.
  - Place the CPM in the middle of the bed, rather than a narrow area like a couch, to prevent it and your leg from falling off the bed.
- Weight-bearing status
  - Foot Flat Weight Bearing (20lbs) with crutches
  - You can check the amount of weight using a bathroom scale

### **Physical Therapy:**

- Please see physical therapy packet
- It will help to take your pain medication 30 minutes before therapy

**Please make sure your post-op appointment is made for 6-10 days after your surgery!!**



If not, please call 212-241-8892 to schedule

**Your hip may be painful after surgery. In order to control this pain, see below for medicine that you may take.**

Prescription (given day of surgery):

***Oxy IR (or Vicodin for those with Oxy IR allergy)***

→ 1-2 pills every 4-6 hours as needed for pain

***Zofran 8 mg – to begin the day after surgery***

→ 1 pill every 12 hours as needed for nausea/vomiting

Over-the-counter:

***Tylenol Extra Strength (500 mg)***

→ 2 pills every 8 hours as needed for pain

→ DO NOT use if you are taking *Vicodin* (*Vicodin* has Tylenol in it)

***Motrin 200 mg (or Ibuprofen)***

→ 2-3 pills every 8 hours as needed for pain

***Colace 100 mg***

→ 1 pill every 12 hours as needed for constipation

**If you are experiencing any of the following call our office immediately @ 212-241-1815.**

⇒ fever greater than 101.5 degrees F

⇒ chills

⇒ excessive redness or swelling of incisions

⇒ yellow (pus) drainage at incision sites

**Anesthesia:**

★ Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.

★ For this reason, you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for 24 hours after your surgery or while taking pain medication.