

MARSHALL L. COOK, M.D.



ARTHROSCOPIC SURGERY

ORTHOPAEDIC SURGERY

SPORTS MEDICINE

POST HIP ARTHROSCOPY PROTOCOL

Your discharge instructions will tell you when you may remove the wound dressing and use band aids over the sutures. The dressing frequently gets spotted or soaked with arthroscopy fluid and a little blood. This is OK. Leave the dressing on until instructed to remove it. If the dressing is soaked and coming off, call the office to arrange for a dressing change.

For the first 48 hours after surgery ice should be applied on top of the dressing at least 3 times a day for 20 minutes to help reduce pain and swelling. Use the ice in a leak proof container to avoid getting the dressing wet.

Elevate the leg on one or two pillows under the calf, not the knee. Try to get up and around each day, even if only for brief periods of time.

Move the foot and ankle, as stepping on and off the gas pedal while the leg is elevated to aid circulation. (Move the foot each time a commercial comes on.)

How much weight you may put on the leg should be followed as specifically instructed for you upon discharge.

Pain medications should be taken no more than 4 times daily. This is to ensure that they will last the required 7 days before another prescription may be authorized. After the first week you should taper off and by three weeks totally off of medication.

For prescription refills, please call your pharmacy and have them call/fax the refill request. Please allow 24 hours for this office and your pharmacy to process the request.

Cough and deep breathe every 2 hours while awake to help prevent the lungs from becoming congested and to help keep down any fever.

It is normal to have a low grade fever (100-101) for the first 4-5 days following surgery. Usually patients are sent home on antibiotics for 2-3 days. Call the office about any fever if it is associated with steadily increasing pain, chills or shakes, or if the temperature is over 101.

You should schedule you rehab appointments starting a week after surgery with the Physical Therapist of your choice. If you do not know one, we can provide a list of therapists for you.

After surgery, when out in the sun, protect your incision from sun burn.

If any further questions, please call the office.

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