

# BENJAMIN G. DOMB, MD

WWW.DRDOMB.COM

WWW.AMERICANHIPINSTITUTE.ORG

## Post-Operative Instructions Hip Arthroscopy

1. Remove the dressing 3 days after surgery
  - 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 ice packs as often as possible: at least 20 minutes, 4-6 times per day.
  - You may ice the operative extremity for 20 minutes followed by an 40 minutes off or until your skin returns to a normal temperature. It is normal to have swelling of the thigh for several days after surgery.
3. Walk with crutches at all times. You may place ONLY 20 lbs. of weight on the operated leg.
4. Wear the brace at all times. You may remove the brace:
  - during physical therapy
  - while on the bike or CPM
  - showering
5. Physical Therapy per Dr Domb's protocol.
  - Please make sure your therapist has Dr. Domb's protocol: [www.benjamindombmd.com](http://www.benjamindombmd.com)
6. The day after surgery begin → stationary bike: 2 hours per day **OR** CPM machine: 4 hours per day
  - CPM: Motion can begin at 30-70 degrees and progress to 0-90 degrees as soon as possible.
7. You may shower on post-op day #3. Gently pat the area dry after showering.
8. Do not soak the hip in water. No bathing, swimming, or hottubs until your incisions are healed.
9. 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.
10. Please call the office to schedule a follow up appointment 10-14 days if you do not already scheduled.
11. If you develop a fever (>101.5°F), redness or drainage from the surgical incision site, please call our office to arrange an evaluation.
12. You may experience some low back pain due to muscle spasm from anesthesia or positioning in surgery. If so, apply an ice pack to the area and take medications as prescribed.
13. Please take Aspirin 325mg by mouth 2 times per day x 1 month or substitute anticoagulation regimen as previously prescribed.
  - Begin the day after surgery. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
14. Wear compression stockings (TED hose) for 4 weeks postoperatively.
15. Discontinue pain medications when able.

### **Weight Bearing Instructions:**

- 2 weeks 20# flat foot WB
- 6 weeks 20# flat foot WB
- 8 weeks 20# flat foot WB

### **Brace Instructions:**

- 2 weeks
- 6 weeks
- 8 weeks

### **Begin Physical Therapy:**

- Postoperative day 1 or 2
- 6 weeks postop
- 8 weeks postop

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