

## Hip Arthroscopy Discharge Instructions Dr. Eggert

Anesthesia:  General  Spinal  Sedation  Block \_\_\_\_\_

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are up. **A responsible adult must be with the patient for 24 hours following surgery for safety and falls prevention.**
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- If you are unable to urinate, feel uncomfortable, and it has been 8-10 hours since you last urinated, go to an urgent care or the ER.
- If you've had a spinal anesthetic and you develop a persistent headache, increased use of caffeine is encouraged. If no relief, contact Ridgeview Medical Center (952) 442-2191, dial "0" for operator and ask to speak with Anesthesia.
- Nerve Block** If you have had a nerve block, be sure to start taking your pain medication as you feel sensation returning to your operative extremity. Typically, a nerve block will last between 8-24 hours from the time of injection. Notify your surgeon if the nerve block lasts more than 48 hours. Do not use your operative extremity until the nerve block has worn off.

**\*\*In the event of a medical emergency, dial 911 or go to the nearest emergency department**

**Report to your surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia, Excelsior, or Edina (Sun-Sat 8am-8pm) for any of the following:**

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash, or intolerance (Stop medications)
- Redness, warmth, or severe pain in the calf

### Activity:

- Elevate your knee and ankle on your operative side above the level of your heart for 2-3 days after surgery. The best position is lying down with two pillows lengthwise under your entire leg. This will help decrease swelling in your operative leg.
- **Ice-** Apply ice to your hip each hour while awake during the day for Ice on for 20 minutes per hour. Once the surgical bandage is removed, place a thin towel/clothing between your skin and the ice to avoid damage to the skin.
- **Weight bearing-** Crutches should be used for following surgery with:
  - Partial weight bearing (20 lbs of pressure) allowed on your operative leg.
  - Toe-touch weight bearing-You will begin full weight bearing in 3 weeks *after* discussion with Dr. Eggert. No athletic activities until approved by Dr. Eggert.

- **Range of motion-** Avoid extreme external rotation or hip extension for 4 weeks. Full, gentle range of motion can begin immediately.
- **Exercises-** To help decrease the chance of a blood clot, point and flex your foot and wiggle your toes often. Perform ankle pumps (move ankle up and down or in circles), quad tightening, and straight leg raises 3 times a day for 10-15 minutes each time, the day after surgery.
- **Physical therapy-** A therapy referral and instructions will be given to you. PT should be started as soon as possible. If you do not have appointments scheduled, call a physical therapist (of your choice). When you go to therapy, bring the referral and instruction form with you.
- **Return to work-** You cannot work while taking narcotic pain medication. Your return to work also depends on your level of discomfort and how much demand your work puts on your hips.

**Dressing:**

- You may remove the surgical dressing in 48hrs. After the surgical bandage is removed, apply Band-Aids over the incisions.
- You can shower after the surgical bandage is removed and Band-Aids are applied. When showering, let the water run over your hip-do not scrub.
- Do not submerge your hip under water (no baths, pools, hot tubs, lakes, etc.) for 3-4 weeks. After showering, re-apply clean, dry Band-Aids. Change the Band-Aids anytime they are wet or dirty.

**Pain/Medications:**

- Expect to have pain following surgery. The pain medication prescribed for you should provide relief, but often does not take all the pain away. The first few days following surgery can be the most painful. Just remember, it will get better.
- It is important to keep your pain under control. It is difficult to catch up with your pain if it becomes severe.
- Driving is not allowed while taking narcotics. If you have had surgery on your right hip (driving hip), wait to drive until cleared by Dr. Eggert.
- Resume your preoperative medications per your physician. Refer to your medication list given to you at discharge.

**Post Operative Appointment:**

- Follow up approximately 2 weeks after surgery for suture removal and an evaluation.
- If these appointments have not been made, or if you have questions, call our office at **(952) 442-2163**.

*\*If you have questions or concerns after- hours please call 952-442-2163 to reach the on-call surgeon*

**Other Instructions:**

---

---

---

Nurse \_\_\_\_\_

Patient/Responsible Adult \_\_\_\_\_