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**Consultant Orthopaedic Surgeon – Surgery of Hip & Knee**

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## HIP ARTHROSCOPY SURGERY

### POST-OPERATIVE INSTRUCTIONS

#### I. ACTIVITY LEVEL:

**A.** Rest frequently, but not constantly, avoiding lying on the operated side. Continue this until pain and swelling have mostly subsided. Leg elevation for the first 72 hours is also encouraged to minimize swelling.

**B.** You may apply ice in a bag to your hip for 10-15 minutes at a time, no more than once every hour. Take care not to injure the skin by direct application of freezing temperature.

**C.** Begin walking with weight bearing as pain allows with crutches initially for comfort and safety. Full weight bearing is usually permitted. Try to walk with a normal gait pattern, while taking weight on the crutches. No kneeling, jumping, squatting or running is allowed until after the first post-operative review.

**D.** Your post-operative exercises may be commenced as comfort allows. Ankle pumps should be done 3-5 times daily. While exercise is important, don't over-do it. **Common sense is the rule.**

#### II. MEDICATION

**A.** Prescription medicine may be given to you prior to discharge. Prescription medicines may make you drowsy and/or dizzy, therefore driving a car or operating machinery is not allowed. Simple analgesic (pain relief) medicine with paracetamol only may be substituted for prescription medication as your pain permits.

#### III. CARE of INCISIONS

**A.** Leave the inner dressings clean, dry and intact until your first post-operative review if possible. The outer dressing can be removed prior to discharge or after 2-3 days. If all dressings are inadvertently removed, cover the puncture wounds with band-aids and keep them clean and dry.

**B.** Keep the incisions clean and dry after surgery. Showering is permitted, but avoiding the direct stream onto the water resistant dressings. No baths or swimming until the incision is completely healed, (about 2 weeks). Routine showering may be resumed after first post-operative visit.

**C.** Once skin edges of the incision have healed scars can be massaged with a vitamin E cream. Scars may be kept covered with clothing or sunscreen when out in sunlight to minimize discoloration. Some numbness around the incisions is normal during healing.

*This information should serve as a general guide after surgery. As this is general information, your own care may be modified based upon the specific nature of your surgery and general condition.*