



HIP ABDUCTOR TENDON REPAIR

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: After 48 hours, you may remove your dressing. You do not need to redress the incisions although it may be less irritating to place gauze and tape over. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.**

SHOWERING: You may shower after your dressing is changed. You do not need to cover the wounds and can use regular soap, but do not scrub. Do **NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum. If you received an ice machine use this constantly.

WEIGHT BEARING: You will be 20# weight bearing with crutches

ACTIVITIES: Rest your leg for the first 24 hours. Range of motion restrictions are per physical therapy

BRACE: Please wear the brace as prescribed by your surgeon

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5*, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (847) 634-1766**

GOALS: Pain control and proper progression through physical therapy protocol