

HIP ARTHROSCOPY WITH LABRAL REPAIR

Postoperative Instructions

<u>MEDICATIONS:</u> You were given four prescriptions- Medications to control pain, nausea, and nconstipation as well as naproxen which you will take twice daily for 4 weeks to prevent extra bone formation. 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 dressings. You do not need to redress unless you would like. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will be changed at your first visit.

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

<u>ICE</u>: 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.

WEIGHT BEARING: You will place your foot flat on the ground WITH NO weight bearing for 4 weeks

ACTIVITIES: Rest your leg for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate with a pillow under your calf and ankle. Range of motion restrictions are per physical therapy

<u>CPM</u>: Start using CPM post-operative day #1 with ROM 0-30' for 6 hours daily (3 2-hr sessions). Increase by 5 degrees daily until maximum of 120'.

EXERCISES: 1) Ankle pumps 10 per hour

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