



Champions Center
2150 Stadium Drive 2nd Floor
Boulder, CO 80309
303-315-9900

Hip Preservation

HIP ARTHROSCOPY POST-OP INSTRUCTIONS

WEIGHT BEARING: Due to the surgical repair that was performed in your hip joint, please remain _____ weight bearing. Plan to use TWO crutches for SIX weeks regardless of weight bearing status. We will discuss the transition to full WB with NO crutches at your post op clinic visits.

NAPROXEN Prescribed for H.O. prevention: Please take as follows:

_____ Every 12 hours for 3 weeks until gone; no need for a refill (see instructions on bottle). Helps prevent heterotopic ossification (HO)

_____ *Please discontinue Naproxen 48 hours prior to scheduled PAO/DFO.* You will resume taking Naproxen post osteotomy procedure.

LOSARTAN prescribed for scar tissue prevention: Please take as follows:

_____ One half tablet twice daily for 3 weeks until gone; no need for a refill (see instructions on bottle). Helps prevent scar tissue.

_____ *Please discontinue Losartan 24 hours prior to scheduled PAO/DFO.* You will resume taking Losartan post osteotomy procedure.

DRIVING: We advise that you refrain from driving for a minimum of 14 days post operation. This is recommended regardless of which leg receives surgery. Clearance for driving will be discussed at the first post op appointment.

UPRIGHT STATIONARY BIKE (NO RECUMBENT CYCLE!): Begin cycling, without resistance, on an upright stationary bike as early as the first night of your surgery if you are not dizzy or lightheaded.

Refer to the website for the stationary bike video and protocol: www.cuhipclinic.com

HIP ROM (RANGE OF MOTION): Avoid hip flexion beyond 80 degrees, hip external rotation beyond neutral and hip hyperextension for 4 weeks post-op.

You may sleep on your back or on either hip with a pillow between your legs but avoid sleeping on your stomach for 4 weeks post-op.

DRESSINGS: You may change the outer dressing (clear Tegaderm and gauze) IF it is wet or soiled. Do **NOT** remove the tape strips/steri-strips that are directly over your incisions. If the steri-strips become loose, you may add more steri strips without removing the originals. **Do not change the original dressing if it is not wet or soiled** Leave this dressing in place until your first post-op visit; typically, 14-21 days. Call the number on the contact sheet with any concerns.

SHOWERING: You may shower 72 hours after your surgery. Cover the surgical dressing to avoid getting the area and your incisions wet. Do **NOT** immerse in a hot tub, bathtub, or pool until after you are cleared; typically, at 3 weeks post-surgery.

POST OPERATIVE CLINIC VISITS: After your surgery, you will return to clinic during the following time frames: 14-21 days (scheduled prior to surgery), 6 weeks (scheduled prior to surgery), 3 months, 6 months and 12 months. During these visits we will discuss your surgical procedure and transition of weight bearing and driving. Please bring your black post op folder and completed pain record sheet to your first appointment.

PHYSICAL THERAPY: This should be arranged prior to your surgery date and scheduled to begin within the first 10 days after surgery **IF** you plan to see a preferred physical therapy provider. If you will see a P.T. other than those on our preferred list, you should be scheduled to begin 4-6 weeks post op. If you have not arranged physical therapy, please call the office immediately to discuss options. (O: 303-315-9900)

PRESCRIPTION MEDICATIONS: are prescribed accordingly by our PA-C during the consent and pre-op stage on the day of surgery. Contact the office with any questions or concerns after surgery.