



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

Hip Preservation

PERIACETABULAR OSTEOTOMY POST-OP INSTRUCTIONS

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

NAPROXEN Prescribed for H.O. prevention: Please resume Naproxen when you return home from your hospital stay as follows:

_____ Every 12 hours for 3 weeks until gone; there is no need for a refill (see instructions on bottle)

_____ Contact the office if this medication causes stomach/G.I. upset

Losartan prescribed for scar tissue prevention: take as follows

_____ One half tablet twice daily for 3 weeks until gone; there is not need for a refill (see instructions on bottle)

_____ Contact the office if this medication makes you feel dizzy or lightheaded

DRIVING: We advise that you refrain from driving for a minimum of four weeks post PAO surgery. 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!): Upright stationary cycling will resume when you are cleared by physical therapy at approximately week 6 post surgery.

HIP ROM (RANGE OF MOTION): Avoid hip flexion beyond 80 degrees, hip external rotation beyond neutral and hip hyperextension through 4 weeks post op. You may sleep on your back however avoid side sleeping until after your first post op follow up appointment. Avoid sleeping on your stomach through 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 strips become loose, you may add more 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 after the date of the PAO. 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 your first post-op visit.

POST OPERATIVE CLINIC VISITS: After your surgery, you will be scheduled for the following time frames: 14-21 days (scheduled prior to surgery), 6 weeks (scheduled prior to surgery), 3 months, 6 months and 12 months. At each of these follow up visits, x-rays will be taken to evaluate hardware placement and interval bony healing. At the 6-week post operative visit, XR findings will determine if you are ready to transition off crutches. In addition, these visits provide a forum to discuss activity progression, answer questions or concerns you may have and make sure you are on track with your rehabilitation and healing.

PHYSICAL THERAPY: Your PT appointments should be scheduled in advance of surgery. You may begin formally guided PT with a preferred therapist between weeks 3 - 4 from the date of your PAO. If your therapist is not known to us, you will begin formal PT at approximately 5-6 weeks after your PAO. Plan on attending therapy 1-2 times per week for approximately 4-6 months depending on several factors. You will also have “PT homework” for several months to perform at home most days of the week. Refer to our website: www.cuhipclinic.com for the full PAO rehabilitation protocol.

PRESCRIPTION PAIN MEDICATIONS: You will be discharged from the hospital with pain medication prescriptions. Contact our PA-C with concerns or questions about refills.

