



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

Hip Preservation

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## DEROTATIONAL FEMORAL OSTEOTOMY POST-OP INSTRUCTIONS

**WEIGHT BEARING:** Due to the surgical intervention that was performed of your femur, please remain **NON-weight bearing (NWB)** with **TWO** crutches for **two weeks**. We will discuss the transition to full WB without crutches at your post op clinic visits.

**NAPROXEN:** Please resume when you return home from your hospital stay as noted in your Post Op Hip Arthroscopy Instructions. The Naproxen is to help prevent heterotopic ossification (HO), which is the presence of bone in soft tissue where bone normally does not exist.

**Losartan:** Please resume when you return home from your hospital stay as noted in your post op hip arthroscopy instructions. The Losartan is prescribed to lower the chance of scar tissue formation.

**DRIVING:** We advise that you refrain from driving for a minimum of four weeks post operation. This is recommended regardless of which leg receives surgery.

**UPRIGHT STATIONARY BIKE (NO RECUMBENT CYCLE!):** Upright stationary cycling will resume when you are cleared for physical therapy at approximately week 4 - 6 post surgery. When cycling is resumed, set the seat post high (so as to avoid bringing your hip into deep flexion while pedaling.) Initially, you will cycle without resistance, progressing duration and intensity with guidance from your physical therapist.

**HIP ROM (RANGE OF MOTION):** Avoid hip flexion beyond 80 degrees, hip external rotation beyond neutral and hip hyperextension for 4-6 weeks. You may sleep on your back or on either hip with a pillow between your legs however avoid sleeping on your stomach for 4 weeks post op.

**DRESSINGS:** You may change the outer dressing (clear Tegaderm and gauze) **ONLY** if it is wet or soiled. Do **NOT** remove the tape strips/steri-strips that are directly over your incisions. You may add more steri-strips on top of the original ones if needed. At your first post-op visit (days 12-21), we will remove the steri-strips, and new strips will be placed over the incisions. Allow these new steri-strips to peel off over the next 5-7 days or remove them after one week.

**SHOWERING:** You may shower 72 hours after your surgery and cover your surgical site 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 follow up in 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. At each of these follow up visits, x-rays will be taken to evaluate hardware placement and interval bony healing. In addition, these visits provide a forum to discuss transitions to increase your activities; answer questions or concerns you may have; and make sure you are on track with your rehab and healing.

**PHYSICAL THERAPY:** Schedule your PT appointments in advance, (even prior to your actual surgery date.) Begin formal PT AFTER the 2-week post-operative physician visit. If you work with one of the preferred Physical Therapists, you may begin PT at week 3-4 weeks post operation. If working with a P.T. other than one of our known providers, you may initiate at 5-6 weeks.

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

