



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

### **Hip Preservation**

## **Post-operative Gluteal Tendon Repair Instructions**

### **WEIGHT BEARING:**

- After your gluteal tendon repair surgery, please remain non-weight bearing with crutches or a walker for the first TWO weeks. We will discuss the transition to full weight bearing at your post op clinic visits.
- A locked hip abduction brace will be placed on your surgical side at the conclusion of your surgery.
- Continue to wear the locked hip brace at all times, a necessary tool to control active hip abduction and external rotation.
- We will adjust the hip brace as deemed necessary at your first post-op clinic visit, and provide you with instructions regarding how to proceed after this time-point.

### **POST-OP CLINIC APPOINTMENTS**

- Confirm your post op follow up visits have been scheduled approximately 2 weeks and 6 weeks from the date of your surgery.
- We recommend additional clinic visits at the following post operative time frame: 3 months, 6 months, 12 months, and 2 years. 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.

### **RESTRICTIONS AND ACTIVITY GUIDELINES**

During the immediate post-op time frame, it is imperative that you allow the surgical repair to heal therefore adhere to these guidelines:

- Avoid active abduction and external rotation, figure 4 sitting, and sitting while your hip is adducted for 6 weeks.
- Avoid standing for long periods of time for 6 weeks.

## **PHYSICAL THERAPY**

- Confirm your initial physical therapy start date.
- You may begin formal PT at approximately 3-6 weeks from surgery. The hip preservation team will guide this according to your individual case.
- Once you start PT, plan on attending one to two appointments per week for 12-16 weeks.

## **DRESSINGS**

- You may change the outer dressing (clear Tegaderm and gauze) if wet or soiled. Please 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 steri-strips that were placed at the end of your operation, but do not remove the original steri-strips.
- At your first post-op visit, we will remove your steri-strips, and new steri-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 this time period.
- Most gluteal tendon repair surgical incisions are closed with resorbable (absorbable) stitches.
- If prior to your first post-op clinic visit you experience new pain or irritation over the surgical incision or you notice a discharge on your dressings, please contact our clinic immediately for a quick wound check. O: 303-315-9900 or message through the [My Health Connection portal](#).

## **SHOWERING**

- You may shower 72 hours after your surgery however be sure to cover your surgical site to avoid getting your incisions wet.
- Do NOT immerse in a tub or pool until we clear you for immersion after we see you at your first post-op visit.

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## **DRIVING**

- We advise that you refrain from driving until after the hip abduction brace is discontinued and your WB status has been transitioned to “full WB”. This is recommended regardless of which leg receives surgery.

## **PRESCRIPTIONS:**

All prescriptions will be given on the day of surgery. Questions about pain medication or refills may be directed to the hip preservation team by calling the office: 303-315-9900 or through the [My Health Connection portal](#)

