Hip Arthroscopy, Care After

Please read the instructions below. Refer to these instructions for the next few weeks. These discharge instructions give you with general information on caring for yourself after surgery. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices, unavoidable problems sometimes occur. If you have any problems or questions after discharge, please call your caregiver.

Your recovery after arthroscopy depends on different factors. These factors include:

- Type of problem or injury.
- Age.
- Physical condition.
- Medical conditions.
- Your determination.

Recovery will also depend on the condition of your hip before the procedure. Rebuilding your muscles after arthroscopy helps recovery. Use crutches, rest, elevate, ice, and do hip exercises as instructed. Follow your caregiver's instructions closely. This will help you recover faster and completely.

Healing will take time. You will have tenderness at the hip. There may be swelling and bruising at the wound site(s). You may have some nausea. **Arrange to have a responsible adult to take you home and stay with you the first 24 hours.** You may expect to feel dizzy, weak and drowsy for as long as 24 hours after receiving an anesthetic. **The following information pertains to your recovery period.** Ask questions if you do not understand something. Make sure that you and your family fully understand everything about your operation.

HOME CARE INSTRUCTIONS

- Do not drive a car, ride a bike, or take public transportation until you are finished taking narcotic pain medications and until approved by your caregiver.
- Do not drink alcohol, take tranquilizers, or medications not prescribed or allowed by your surgeon.
- Do not make important decisions or sign legal documents.
- You may resume normal diet and activities as directed.
- Do no heavy lifting (more than 10 pounds) or playing of contact sports.
- See your caregiver if your soreness seems to be getting worse rather than better.
- Once home, an ice pack applied to your operative site for 20 minutes, 3 to 4 times per day, for 2 to 3 days, may help with discomfort. This will also keep the swelling down.
- You may have pain and stiffness in your hip following surgery. If physical therapy and exercises are prescribed by your surgeon, follow them carefully.
- Use your hip as directed.
- You may be able to bear weight as soon as you are comfortable or as directed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use showers for bathing, until seen or as instructed.
- Change dressings if necessary or as directed.
- Make an appointment to see your caregiver for stitches (*suture*) or staple removal when instructed.
- Keep all appointments as scheduled and follow all instructions.

SEEK MEDICAL CARE IF:

- You have persistent dizziness or feeling sick to your stomach (*nausea*).
- You have a difficult time breathing or have a congested sounding (*croupy*) cough.
- You notice redness, swelling, or increasing pain or warmth in the wound or joint.
- There is pus (*purulent drainage*) coming from wound.

- An unexplained oral temperature above 101° F (38.3° C)develops.
- A foul smell is coming from the wound or dressing.
- There is a breaking open of the wounds (edges not staying together) after sutures or tape have been removed.
- You feel light headed or faint.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You develop swelling of your calf or leg.
- There is shortness of breath, difficulty breathing, or chest pain.
- You have any allergic problems.
- You develop any reaction or side effects to medications given.
- You have trouble eating or drinking.
- You develop vomiting.

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