

Bryan T. Kelly, MD
Orthopedic Surgery and Sports Medicine
The Hospital for Special Surgery
535 East 70th Street, New York, NY 10021
HSS: 212-606-1159 Fax: 646.797.8865

Post-Operative Instructions

Hip Arthroscopy

1. **Physical therapy** appointment should be scheduled for post-operative day #1.
 - ✓ HSS SPORTS PT: (212) 606-1005
 - ✓ S.T.A.R. PHYSICAL THERAPY (56th and Lexington): (212) 355-7827
2. You may experience numbness or tingling (**neurapraxia**) in your groin, incision sites, thigh, or foot. It is temporary and will resolve in a few days or up to 8 weeks.
3. **Wound Care:**
 - ✓ Due to the fluid irrigation during surgery, oozing from the incision may occur and the dressing will get soaked with blood tinged fluid. Please change the dressing as needed. This should resolve within 24-48 hours
 - ✓ You may remove the dressing on post-op day #2 and apply band-aids to wound sites to be changed daily for 10-14 days.
 - ✓ Please do not use bacitracin or other ointments under the bandage.
 - ✓ You may shower on post-op day #2 if the incisions are dry. **MAKE SURE EACH INCISION IS COVERED WITH A WATERPROOF BAND-AID DURING SHOWER ONLY.** Gently pat the area dry after showering and use regular band-aids over each incision throughout the day to allow the incisions to dry & heal.
 - ✓ Do not soak the hip in water or go swimming in the pool or ocean until your sutures are removed. Typically getting into a bath or pool is permitted 2 days after the sutures are removed, unless otherwise instructed.
 - ✓ Please call the office to schedule for suture removal, 10-14 days after your surgery.
4. **Durable Medical Equipment**
 - ✓ Use your CPM for a minimum of 4 hours a day the first 2 weeks. You don't have to use this for four hours straight and could be done in increments (for example 1 hour in the morning, 1 hour in the afternoon, 1 hour mid afternoon, and 1 hour in the evening). Use the machine for 3-4 weeks.
 - ✓ Use you Game Ready machine for 20 minutes at a time 6 times a day
 - ✓ Use your Philippon Hip Brace when you are outside your house. Use the brace for 2 weeks.
5. **Driving** is permitted a week after the surgery if you meet the following criteria:
 - ✓ You no longer take narcotic pain medications
 - ✓ You drive an automatic car. If you have a manual car, you could drive after 4 weeks.
 - ✓ You can safely get in and out of your car. Please ask your physical therapist for instructions.
6. If you are experiencing the following **symptoms**, please call our office:
 - ✓ Fever (temperature of 101.5 degrees Fahrenheit or over)
 - ✓ Redness or yellow/brown/green drainage from the surgical incision site
 - ✓ Low back pain/muscle spasm that maybe due to the spinal/epidural anesthesia. Please apply a heating pad.
 - ✓ Persistent headache that maybe due to the spinal/epidural anesthesia. Please make sure you hydrate yourself and drink something with caffeine.
 - ✓ Persistent severe sharp pain not relieved by pain medication
 - ✓ Persistent and increasing swelling and numbness of the hip/leg.

Please feel free to call our office if you have any questions