

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
Gluteus Medius Tear Repair

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. **Wound Care:**
 - ✓ You may remove the dressing 2 days after surgery and apply a dry dressing/gauze to the wound/incision site to be changed every other day 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.
3. **Durable Medical Equipment**
 - ✓ Use your CPM for a minimum of 2-4 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.
4. **Driving** is permitted 8 weeks 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 10 weeks.
 - ✓ You can safely get in and out of your car. Please ask your physical therapist for instructions.
5. 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