

HIP ARTHROSCOPY - POST OPERATIVE INSTRUCTION SHEET

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Dressings

Your wounds will be usually closed with “steri-strips” (adhesive tape) or less commonly stitches. They will be covered by a small inner dressing and then by a larger outer dressing consisting of padding and a compression bandage. You may remove the outer dressing after 48 hours but please keep the inner dressings on the wounds dry and intact until your first post-operative visit. You will need to protect these inner dressings as much as you can when showering or bathing.

Pain

The level of pain after your surgery should be at the level of a moderate ache. You will be given a script for pain medication (e.g. Panadeine Forte) upon discharge and this should control your pain. If this medication is inadequate, please contact the rooms (or the Emergency Department if severe).

Things To Watch Out For

Hip arthroscopy has a low complication rate but very occasionally swelling, infection and blood clots (deep vein thrombosis) can occur. Please seek medical care if you experience a sudden increase in pain (both in the calf and knee), shortness of breath, sudden swelling, redness, fevers or discharge from the wound. During business hours please call the rooms on 9984 7001 and after hours please call the Emergency Department of your local public hospital.

Physical Activity After Your Hip Arthroscopy

1. Walking And Daily Activities

Most patients will walk out of hospital after hip arthroscopy using crutches but bearing as much weight on their leg as their pain allows (unless otherwise advised). It is advisable to avoid prolonged periods of standing, walking or sitting. Otherwise try to go about your activities of daily living as your pain tolerates.

2. Swelling Control

The swelling in your leg may take at least several days to begin to settle and may persist for quite a few weeks. Icing your thigh and elevating your leg above the level of your heart can help with this.

3. Driving

Please do not drive until you have discussed this with me at your first post-operative review. Generally speaking, driving is allowed when you have adequate strength in your leg and can thus safely control your car. Please start off with a short drive in a quiet street.

4. Exercises

A detailed physiotherapy plan has been attached to this document – please give this to your physiotherapist. If your pain and swelling allows, physiotherapy may begin before your first post-operative review but the main aim in the first two weeks is to allow your pain and swelling to settle.

Follow Up

Please call the rooms on 9984 7001 to schedule an appointment 10-14 days after your surgery.