

POST-OPERATIVE INSTRUCTIONS

HIP ARTHROSCOPY

PRESCRIPTION MEDICATIONS

Aspirin:

- This medication is to help prevent blood clots after surgery.
- Take one 325 mg tablet twice per day with food for 30 days.

Colace (Docusate Sodium):

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation
- It is normal to take several days to make a bowel movement after surgery
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

Oxycodone/Acetaminophen (Percocet):

- This is a narcotic medication for pain.
- This medication is to be taken AS NEEDED.
- Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 2-3 days.
 - After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
 - DO NOT exceed 4,000 mg of Acetaminophen in a 24 hour period.
- Do not drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.

Indomethacin (Indocin):

- This is an important medication to help prevent bony overgrowth (called heterotopic ossification) that can be a potential side effect after surgery and to help with inflammation.
- Take 75 mg tablet once per day in the evening with food for 10 days.
- If you are unable to tolerate this medication, please let the office know so we can put you on an alternative medication.
- DO NOT take ibuprofen, Motrin, Advil, Aleve, Naproxen, Naprosyn, Celebrex, Meloxicam or other anti-inflammatories while taking this medication.
 - Once you have completed the 10 day course of this medication, you can take other anti-inflammatories as needed for pain.

Zofran (Ondansetron):

- This is an anti-nausea medication.
- It is a dissolving tablet- place it on your tongue, allow it to dissolve, and swallow.
- Take this as needed every 4-6 hours for the first 2 days after surgery.

For more information, please refer to Dr. Eric Makhni's website @ www.ericmakhnimd.com

WOUND CARE

- Leave the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, remove bandages and gauze, but LEAVE STERI-STRIPS (white tape) IN PLACE.
 - You may shower at this point.
 - Cover incision sites with waterproof bandage prior to getting into the shower.
- Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages.
 - This may appear to be a pinkish-yellow fluid and is normal.
- In between showers, leave the incision sites open to air
- DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES
- Your stitches will be removed at your first post op visit.
 - You may shower at this point without waterproof bandages over the incision sites.
 - DO NOT scrub the incision sites- you may let soap and water run down the incisions and pat dry with a towel once you're done.
- DO NOT soak in any pool/bath water until 4 weeks after surgery.

PHYSICAL THERAPY

- Physical therapy should start ideally on day 1 post op.
- If your surgery is on Thursday or Friday it is okay to wait until early the following week.
 - On the first visit to your therapist you should expect to:
 - Be taught proper weight bearing technique
 - Proper utilization of your crutches
 - Passive range of motion exercises
 - Isometric exercises to be done at home
 - Stationary bike (upright ONLY- NOT recumbent)
- Choose a physical therapy clinic close to your home so you can be compliant with your program.
- Please bring your prescription for therapy and physical therapy protocol (provided on surgery day and also on the website) to your first appointment.

WEIGHT BEARING

- Walk with your foot flat to the ground, and “mimic” a normal gait (walking pattern).
- Once you are 2 weeks out from surgery, you may begin to progress your weight bearing slowly as directed by your physical therapist to full weight bearing, as long as your pain is not increasing while walking.
- Getting off of the crutches takes all patients a different amount of time (General time period is 4-6 weeks)
 - *Take your time and don't try to rush yourself to get off of the crutches.*

BRACE

- You will get a brace on surgery day (or prior)
- Over the first few days, concentrate on icing the hip and wear the brace when you are up and about.
- The brace should be worn until you are off the crutches (Generally at about 4 weeks)
- You do NOT need to wear the brace:
 - While sleeping
 - On the CPM machine
 - Laying on your stomach
 - Using the upright bike
 - Using the ice machine
 - Showering and using the bathroom
- The lateral (outside) post on the brace should be positioned over the lateral aspect (outside) of the leg
- The Velcro on the distal (lowest) strap can wear out quickly
 - You can call DJO/MIOTECH to get a replacement strap if this happens
- The point of the brace is to prevent hyperflexion and abduction (bringing the leg too close to the chest or bringing the leg too far away from the body).

NIGHT TIME PADDING

- Wear the padding at night time.
 - The point is to make your toes point straight up (no rotation).
- Use this padding for 4 weeks postop.
 - If you cannot sleep, alternatives are :
 - Take your nonoperative leg out of the boot/padding .
 - Sleep in the brace.
 - Take the post out of the middle and sleep with just the feet strapped together.

ICE MACHINE

- Cycles on and off on its own; it will circulate cold ice water for up to 6-8 hours
- Use it as much as you can for the first 72 hours
- Try to use it 4-5 times per day after the first 72 hours for the first two weeks after surgery.
 - You do not need it after 2 weeks.
- Do not wear the brace over the ice machine pad.
- If you have questions about the machine, please contact Miotech at 517-347-0220

CONTINUOUS PASSIVE MOTION (CPM) MACHINE

- Start on the day of surgery if you have time and feel up to it, otherwise, start the day after surgery.
- Use the machine for a total of 4 hours per day for the first two weeks after surgery.

- Call the vendor (Redemptive Medical Equipment) at (877) 420-5106 to schedule a pickup for 2 weeks postop.
- You can split up the time into increments if you get sore or tired.
- The initial settings of the machine should be at 30 degrees extension and 70 degrees of flexion.
- You may increase by 7-8 degrees per day as tolerated. For example:
 - Day 1: 30 degrees of extension and 70 degrees of flexion.
 - Day 2: 22 degrees of extension and 78 degrees of flexion.
 - Day 3: 14 degrees of extension and 86 degrees of flexion.

****These machines are indicated for use by Dr. Makhni. Dr. Makhni's office does not assume responsibility if the equipment is not covered by your insurance. Questions about equipment use and insurance coverage should be directed to the company that provides the equipment. These companies should outline a payment plan for you in the event that your insurance does not cover the equipment. Medicare and Medicaid MIGHT NOT cover the ice machine. If you carry this insurance the ice machine will NOT be ordered for you****

BIKING

- You may start biking on an exercise bike on post op day 1
- You may use the upright bike ONLY, no recumbent bike!
- No use of the Nustep!
- No resistance while on the bike
- Use your nonoperative leg to push the operative leg around
- 20 mins on upright bike = 1 hour on motion machine
- You do not have to go out and buy a bike, you may use the one that is provided for you at your physical therapy sessions.

GENERAL ACTIVITY LEVELS

- It is beneficial to change positions often after hip arthroscopy.
- Alternate sitting, reclining, and lying down as much as you can tolerate
 - We recommend you get moving once every 30 minutes to prevent stiffness.
 - Do not stay in a seated position for longer than 30 minutes
- If you need a work note to get up from your desk, please let us know and we can send it in to your employer.
- Spend 2 to 3 hours per day on your stomach (you can take the brace off for this)
- Laying around too much will make you stiff, so feel free to move around your home as you can tolerate.

FOLLOW-UP CARE AND EMERGENCIES

- Your first post-op visit (7-10 days post-op) will be scheduled prior to surgery. If you do not have an appointment scheduled, please call the office at 248-661-7029 right after surgery
- Please call the office to speak with a clinic nurse if you experience any of the following (if after normal business hours please call the answering service right away or go to the emergency room right away):
 - Painful swelling or numbness (some swelling and numbness is normal)
 - Redness around the incisions or pustulent drainage
 - Fever >101 (some elevated temperature is normal for the first 1-2 days)
 - Continuous bleeding or drainage from the incisions (some initial bleeding/drainage is to be expected post-operatively)
 - Color change or cold feeling in the distal extremity
 - Calf pain, shortness of breath, chest pain, or increased heart (pulse) or breathing rate
 - **Any concerning symptoms or symptoms that require immediate attention, please call the hospital (Henry Ford West Bloomfield) at 248-325-1000 or go to the nearest emergency room right away**

IMPORTANT PHONE NUMBERS

Dr. Makhni's Office: 248-661-7029

Miotech (Brace and Ice Machine): 517-347-0220 or 734-612-2929

Redemptive Medical (CPM Machine): 877-498-7903 or 586-420-5106

West Bloomfield Hospital (for all clinical issues and questions after hours): 248-325-1000

*If you have any further questions, please also refer to the website
(www.ericmakhnimd.com) for more information*