



William J. Robertson, MD

TMI Sports Medicine

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Post-Operative Instructions

Hip Arthroscopy

1. **Physical therapy:** appointment will usually be scheduled for post-operative day #1.
 - ✓ TMI Physical Therapy: (817) 419-0303
 - ✓ Hip Range of Motion Exercises are important to prevent scar tissue from forming between the tissue planes. You will begin using a stationary bike for hip range of motion starting on post-operative day #1. You should do most of the work with the “well (non-operative) leg” and let the operative leg follow along. Ideally two sessions per day, 10 – 20 minutes each. This is low intensity and meant for motion more than exercise. If you don’t have access to a stationary bike, your therapist can work with you on alternatives.
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 schedule an appointment for suture removal, 10-14 days after your surgery.
 - ✓ If TED stockings were placed at surgery, you may remove them on postop day 2.
4. **Durable Medical Equipment**
 - ✓ You will use crutches for 2- 4 weeks following surgery. Typically, 20-30 lbs. of pressure (aka “foot-flat weight bearing”) is allowed during this time. Your therapist will wean you off of the crutches depending upon what type of procedure you had.
 - ✓ Use your cold therapy unit as instructed. For Polar Care Units, typically 20 minutes at a time 6 times a day.

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
- ✓ Persistent severe sharp pain not relieved by pain medication
- ✓ Persistent and increasing swelling and numbness of the hip/leg.

Dr. Robertson’s Office # (817) 419-0303; After Hours # (817) 294-6285