

DR ROBERTSON' HIP ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS

PLEASE READ THESE INSTRUCTIONS CAREFULLY - THEY WILL ANSWER MOST OF YOUR QUESTIONS

- 1) You may walk on the leg using flat foot weight bearing/partial weight bearing. You must use crutches for the first two weeks. These should be provided after surgery by the nursing staff.
- 2) The large bandages may be removed in two days. Replace the bandages with Band-aids over the surgical wounds if needed.
- 3) It is normal to have swelling and discomfort in the hip for several days to weeks after arthroscopy, depending on what procedure was done. If there is excessive swelling or discomfort, please call Dr. Robertson's office (972) 669-7101.
- 4) Plan to take several days off work. You may resume work when the pain and swelling subsides (this can be a week or more, depending on the type of work you do and the procedure that was done for your hip).
- 5) Take your pain medication as directed to help relieve the pain.
- 6) You should also take an Aspirin (325 mg) a day for two weeks following your surgery (unless you can't take Aspirin for some reason). The Teds stockings should be worn until your follow-up appointment. The Aspirin and Teds are used to prevent a blood clot.
- 7) Use ice, cold packs or a cooling unit given to you in the hospital. This should be used for 20-30 minutes at a time (every two hours) to the hip for the first week after surgery. This will help to reduce the pain and swelling. After the first week, ice can be used as needed (at the end of the day or after Physical Therapy).
- 8) You may shower after two days, but please dry your incision sites well after your shower. Do not take a bath or swim until you see Dr. Robertson at your first post-operative appointment.
- 9) Avoid athletics in the immediate post-operative period, although you may ride a stationary bike as directed by your physical therapist. Dr. Robertson will let you know when it is safe to begin exercising.
- 10) Please call Dr. Robertson's office after your surgery to make an appointment for a follow-up visit in 10 to 14 days following surgery (if this is not already set up).
- 11) During your first post-op visit with Dr. Robertson you will also see one of his physical therapists. They will review some therapy exercises with you and determine whether you need formal physical therapy.
- 12) Please call the office if you have excessive symptoms, especially fever (>101.5°F), chills, redness, or draining from the knee, and/or numbness, tingling, or discoloration of the foot. Please call if your calf becomes significantly swollen or painful, or if any other problems arise. If you have a problem when the office is closed, please call the office at (214) 645-3300 and you will be put through to the physician on-call.