

Hip Abductor Repair Instructions

Dr. McCormick

What to Expect After Hip Abductor Repair

Activity Restrictions

- put all of your weight through your operative leg when standing on both feet
- use crutches or a walker for walking for 6 weeks
- you may drive when walking normally without crutches or walker
- you must be able to react quickly so try it in an empty parking lot if unsure

Surgical site care

- keep your initial dressing dry
- it is normal to notice some drainage/discoloration of the dressing
- remove dressing after 3 days and apply nexcare bandages
- you may shower with the island dressings on but do not scrub the area

Pain management

- Rest** too much activity too early may cause more swelling and pain and delay healing
the sutures holding your repaired tendon are not strong enough to withstand the force of normal use
- Ice** 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite
- Take pain medications as prescribed. If you have a reaction to the medications then call the office at 715.858.4650
 - pain medicine may cause constipation; use stool softeners or laxatives as needed

Follow-up clinic visit

- 2 weeks after surgery
- we will check your surgical site, review arthroscopic pictures, and answer any questions you may have

When to call the office:

- reactions to medications
- dressing discoloration spot greater than 4"
- suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

Recovery Objectives

- 0-6 weeks
 - control pain and swelling
 - allow repaired tendons to heal
- 6+ weeks
 - rebuild muscle strength
 - regain range of motion as your hip allows*

*allow your hip to tell you how fast to return to activities. Do not “push through the pain” as this can flare your hip pain and slow your rehabilitation.

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