

Hip Arthroscopy for FAI

Dr. McCormick

What to Expect After Hip Arthroscopy

Activity Restrictions

- put all of your weight through your operative leg when you can do so without limping
- use crutches or a walker for the first 2 weeks
- you may drive when walking normally- 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 labrum are not strong enough to withstand the force of normal use
- some bone has been removed from your hip and your body needs time to strengthen the site to avoid fracture
- 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, take new Xrays 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

- 0-2 weeks control pain and swelling
- recover muscle control
- 2 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.

www.mccormickortho.com for more information more educational videos and postoperative protocols