

# Hip Arthroscopy

Dr. McCormick

## What to Expect After Hip Arthroscopy

### Restrictions

- you may 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
- do not turn your hip outwards for 3 weeks
- do not flex your hip beyond 90 degrees for 6 weeks

### 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 supplied island dressings
- 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

### 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](http://www.mccormickortho.com) for more information more educational videos and postoperative protocols