



PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

JAMES M. KERPSACK, M.D.

HIP ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

- 1) Your incisions were injected after the operation with a long acting anesthetic which will wear off in 4-6 hours. Therefore, a moderate increase in pain may be anticipated. Start taking your pain medication before that time.
- 2) The pain will be decreasing after a few days. Do not hesitate to use adequate amounts of prescribed pain medication. When taking pain medications you may experience nausea, drowsiness, mild itching or lightheadedness. **Do not drive or operate heavy machinery.** A stool softener may be used for constipation.
- 3) To minimize pain and swelling you may place ice on your hip. Do not place ice directly on your hip. Place a towel down first then the ice. Elevate your leg above the level of your heart for the first few days after surgery. It is normal for your ankle and foot to be swollen. This should improve when you elevate your leg. If it does not, please call the office.
- 4) You may remove your bandages in **48 hours**, but do not remove the steri-strips (small thin pieces of tape). Cover each small incision with a band aid, keeping them clean and dry.
- 5) You may shower in 48 hours but **do not submerge the incision in a bathtub, ocean or hot tub for at least 10 days as this may lead to infection.** It is ok to let the incision get wet with regular bathing and showering.
- 6) You may walk as tolerated. You will be given crutches. You may use them for comfort, but this is not required.
- 7) Bend and straighten your leg as much as you can tolerate several times a day. This will help to prevent stiffness.
- 8) At least 10 straight leg raises need to be done every hour while awake. This may be difficult if I did a tendon release. If you're having trouble with this it is not absolutely necessary. Also, do range of motion exercises with your foot and ankle.
- 9) **If you are 19 years old or older: If you are not allergic to aspirin and do not have a history of stomach ulcers, one adult (325mg) buffered aspirin should be taken twice per day for 10 days after surgery.**

*Contact our office directly at **(561) 727-1309** if you have any of the following symptoms:

- Increased redness, warmth, hardness around operative site
- Increasing and progressive drainage from the surgical area
- Fever of 101.4 or greater
- Persistent pain not relieved by medication
- Sudden onset of numbness, tingling, or discolored toes
- Inability to urinate within 8 hours following the procedure

***After Hours:** For any urgent questions or concerns after office hours, please call the main office phone at (561) 694-7776 and the answering service will contact Dr. Kerpsack.

***In case of an emergency, go to the nearest emergency room or call 911**

(561) 694-7776 | www.pboi.com

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