



Discharge Instructions-Arthroscopic Hip Surgery

After Your Surgery:

1. Use your crutches as instructed
2. Follow weight bearing restrictions as instructed
3. Rest for the first 3 days, be off your hip more than on it
4. Use ice/cold therapy as much as possible
5. Do not drive a car until cleared by your surgeon

Activity:

1. Move your hip within the limits set for you
2. CPM therapy as instructed
3. Your surgeon will let you know when to begin outpatient therapy

Wound Care:

1. Remove large hip dressing in 3 days, keep the Band-Aids in place
2. Do not shower, keep wounds dry until first follow-up unless otherwise instructed

If Taking Oral Pain Medications:

1. Follow instructions as printed on prescription
2. Do not drink alcohol while taking pain medication
3. Pain medications can cause constipation

Call Your Surgeon For:

1. Temperature above 101 degrees and/or chills present for more than 2 days
2. Pain not relieved by oral pain medication
3. Swelling ,coldness, paleness, blue coloring, numbness or tingling in operative foot
4. Any sign of incisional infection

If you have any additional questions please do not hesitate to contact your surgeon's office.