

## Hip Arthroscopy - Information and Instruction Handout

### Procedure(s):

- |                              |                     |                            |
|------------------------------|---------------------|----------------------------|
| ○ Labral repair              | ○ CAM takedown      | ○ Loose body removal       |
| ○ Labral debridement         | ○ Pincer takedown   | ○ Psoas tendon lengthening |
| ○ Labral reconstruction      | ○ Subspine takedown |                            |
| ○ Cartilage flap debridement | ○ Microfracture     |                            |

### DAY OF SURGERY until FIRST POST-OP VISIT

#### Immediate Post-Op Restrictions

- Initial 1-3 weeks you should only be toe-touch weight-bearing (<20 lbs) on the operative extremity unless otherwise instructed.
- Limit range of motion of the surgical hip:
  - Extension <10 deg
  - Flexion to 90 deg
  - Abduction <25 deg
  - External Rotation <10 deg
  - No combined movements

#### Equipment

- Apply ice (over dressing) 3-4x/day for 20 min at a time in the first 24-48 hrs to reduce swelling.
- Use cryotherapy unit if available.
- Will require crutches.

#### Medications (take as prescribed)

- Take your pain medication as prescribed for 2 days then gradually taper off over

the next day afterwards or as you can tolerate.

- Anti-inflammatories are given to prevent HO (heterotopic ossification) formation
- Aspirin is given to prevent blood clots in the leg

#### Wound Care

- Blood tinged fluid leakage after surgery is common as many litres of arthroscopic fluid are used during surgery (10-15 litres). This should stop by the 3rd or 4th day.
- You may remove the bulky pressure dressing on post-op day 2 - apply band-aids to wound sites. **\*\*DO NOT REMOVE STERI-STRIPS!** (let them fall off on their own).
- Do not apply any ointments/creams such as Polysporin to wounds.
- You can shower post op day 3 and cover the small incisions with regular "over the counter" band aids afterwards.
- Avoid chlorinated pools/hot tubs or swimming in lakes for at least 3 weeks after surgery.

## ACTIVITY

- No strenuous activities and use of brace (if prescribed) is advised until you attend your first postoperative appointment.
- Avoid too many attempts at multiple steps (greater than 5) in the initial weeks after surgery. Getting into the house is fine but avoid multiple trips up and down stairs.

## PHYSIOTHERAPY

- Physiotherapy typically starts after your incision is checked at the 2-3 week postoperative visit.
- **DO NOT START PHYSIOTHERAPY UNTIL ADVISED TO DO SO**
- Your physiotherapist should follow the protocol provided by Dr. Kurz's office.

## DRIVING

- Avoid driving for approximately 6 weeks if surgery involves your driving leg OR if you drive a standard vehicle.
- If surgery involves the non-driving leg, then avoid driving for 2 weeks.
- Keep in mind that you are not permitted to drive while taking narcotic pain medication.

## SIDE EFFECTS/SYMPTOMS

- Groin or foot numbness/pain can occur after surgery and usually resolves after a couple of weeks.
- Snapping and clicking sounds are common after hip arthroscopy; this does not mean a complication has occurred.
- Full recovery for return to sports can take up to 9 months but individual timelines can vary

---

### CALL YOUR SURGEON'S OFFICE IF YOU:

- \*develop a fever (temperature of 38.5 degrees Celsius or over).
- \*have redness or drainage from the surgical incision site.
- have concerns about your prescriptions (medications/brace).
- are unable to void urine.

*\*Notify the office and proceed to your nearest Emergency Department or Primary Care Centre*

---

***Please feel free to call our office if you have any questions***

*Kelowna Bone & Joint Health / Kelowna Orthopedic*

*236-420-4893*