

Dr. Scott Levin MD

Somers Orthopedic Surgery and Sports Medicine Group

Post-Operative instructions Hip arthroscopy

Pain Medication

After surgery it is normal to experience some discomfort. You will receive a prescription for Percocet 5/325 mg on the day of surgery. Please fill the prescriptions and use the medications as directed, 1 tab by mouth every 6 hours as needed for pain. For minor discomfort, Tylenol or Advil may be taken (one or two every four hours as needed). Do not take additional Tylenol if you are taking the maximum daily amount of prescription pain medication. Advil may be used in addition to the prescription pain medication, and may be taken in between doses of the pain medication but do not exceed maximum daily dose as indicated on the bottle.

Dressing and Wound Care

Keep the dressing clean and dry for 48 hours after the surgery. You may then remove the dressing and shower. Let water run over the sutures but do not scrub the incisions. Pat the incisions dry when done, and then apply a band-aid over each one. Do not immerse the incisions in water - NO baths, hot tubs, or swimming with sutures.

Ice and Elevation

It's a good idea to keep your leg elevated for the first 72 hours after surgery. To elevate your leg, place pillows under the foot and calf (NEVER place anything directly under the knee). Arrange them so that your foot is higher than your knee. You may ice the hip up to 30 minutes every 2 hours. This will also decrease your postoperative swelling.

Crutches

Use crutches following surgery and don't put any pressure on the operative leg other than the weight of your foot. You will continue this at least until the first post operative appointment.

Physical Therapy

You will begin physical therapy after I see you in the office for your first follow-up appointment. They to get to physical therapy 3 x a week.

Follow-Up

Please call the office after surgery to schedule your first post-operative appointment. The appointment should be 5 - 10 days from the date of surgery. You will have your sutures removed at this time, and a prescription for physical therapy will be given to you as well.

A low-grade temperature (99 - 101 degrees) is common. Please call the office if your temperature is consistently elevated over 101 degrees. If you think you have a fever, please use a thermometer so you can tell us your exact temperature.

It is also common to develop discoloration of the leg after surgery. Normally after surgery some blood goes into the soft tissues beneath the skin. Over the first few weeks this can lead to "black and blue" discoloration of the skin, particularly along the shin. Apply ice to the area if it is painful. To help resolve the discoloration, apply a heating pad set on low over the area for an hour or two. Over time the discoloration should resolve.

For any other questions, please call my office at 845-230-5104.

If you should experience any shortness of breath, calf pain, difficulty breathing or chest tightness go to the nearest emergency department or call 911.