



AUCKLAND BONE AND JOINT SURGERY

MR. BOYLE'S HIP ARTHROSCOPY POST-OP INSTRUCTIONS

1. Activity

- Sitting: sitting with your hips at 90 degrees can be painful. Try to lean back and sit with your hips less flexed. When in the car, lean your car seat back.
- Bending over: try not to bend over too often. Get someone to help you with your shoes and socks.
- Sleeping: this can be difficult on the side of your operation. If possible, sleep on your back or sleep on your non-operated side with a pillow between your legs.
- In general, have someone look after you during the first 2 weeks post-op. Normal activities such as showering, toileting, putting on shoes and socks, getting in and out of chairs, and getting in and out of bed can be difficult during this time.
- You may return to work 2 weeks after surgery if your pain is tolerable. If you have a more active job, you may require at least 6 weeks until you can return to light duties. You cannot return to contact sport for 4-6 months after surgery.

2. Wound Care

- You will have 2-3 small sticky plastic dressings on your hip. If these plastic dressings become heavily blood stained, please get your GP's practice nurse to change these. Please leave the plastic dressings on until suture removal.
- You may shower with the plastic dressings in place. Try to avoid direct water flow onto the plastic dressings. Please pat the dressings dry afterward. In general, keep the dressings clean and dry.
- Do not get into a bath, tub or pool for 3 weeks after surgery.
- There is usually a large amount of swelling around the groin, thigh and buttocks and even down to the knee after hip arthroscopy, which decreases over a few days. Bruising is also fairly common after hip arthroscopy.

3. Icing

- Please apply ice packs to your hip every two hours for 30 minutes for the first 24-48 hours after surgery to help decrease swelling. Thereafter you may apply ice packs to your hip 3-4 times per day for 30 minutes until swelling is resolved.

4. Crutches

- Please use your crutches at all times, and remain partial weight bearing on your operative leg for 2-3 weeks after surgery. Your physiotherapist will help with your progression off crutches.

5. Physiotherapy

- Please make an appointment to see your physiotherapy for 2 weeks after surgery. You will be provided with a rehabilitation protocol for your physiotherapist as part of your hospital discharge paperwork – you must take this protocol to your physiotherapist.

6. Pain Control

- A lot of patients report that the pain after hip arthroscopy is less than expected. Although it is minimally invasive surgery, it can still be quite painful.
- You have been prescribed strong pain-relieving medication by your anaesthetist for pain control after surgery. Please use the medicine as prescribed and do not drive, drink alcohol, or perform duties that require concentration (i.e. school or work) or manual dexterity while taking the strong medication.

7. Sports

- Do not resume any sports of any kind until discussing this with Mr. Boyle.

8. Follow-up appointments

- Please arrange to see your GP for suture removal 10 days after your surgery.
- A follow-up appointment with Mr. Boyle should have already been made for you approximately 6 weeks after surgery. If not, please call (09) 281-6733 to schedule an appointment.

9. Driving:

- Do not drive at least until your first physiotherapy appointment when you can discuss this with your physiotherapist.
- In general, you must be off of strong pain medication and crutches to drive. It may be 2-3 weeks before you are comfortable driving if you have surgery on your left hip and the car is an automatic. If surgery is on your right hip then you will not be able to drive until approximately 3-6 weeks after your surgery.

WHAT IS TO BE EXPECTED:

- After hip arthroscopy, there is a variable amount of pain and swelling, often depending on how much surgery was done. This usually diminishes after several days. It is helpful to rest and apply ice regularly.

WHAT SHOULD BE REPORTED IMMEDIATELY?

- Signs and symptoms to report:
 - ***persistent fever**
 - ***sudden increase in pain or swelling**
 - ***wound redness, drainage, or increased skin temperature**
 - ***increasing numbness**
 - ***deep calf pain and/or swelling**
 - ***shortness of breath**

WHO TO CALL:

- If you have any problems please call Mr. Boyle's office at **(09) 281-6733**.
- For **urgent** problems after 5:00pm and on the weekend or on holidays, call Mr. Boyle directly or attend the Emergency Department of your local hospital.

