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AVN Core Decompression and Stem Cells inoculation POST-OP INSTRUCTIONS

WEIGHT BEARING: “Toe touch” weight bearing with crutches for two weeks

HIP ROM (RANGE OF MOTION): Hip range of motion is not restricted following the procedure.

DRESSINGS: Please leave the dressings and steri-strip till next follow up appointment (2 weeks after surgery).

PAIN MEDICATION AND ICE: Pain medication will be given when you are discharged from the Hospital.

ASPIRIN: You will be asked to take aspirin 325 mg twice a day for 3 weeks.