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HIP ARTHROSCOPY POST-OP INSTRUCTIONS

WEIGHT BEARING: Due to the surgical repair that was performed in your hip joint, please remain _____ weight bearing with crutches for _____ weeks.

STATIONARY BIKE (NO RECUMBENT CYCLE!): Please begin cycling on a stationary bike as early as the night of your surgery, and no later than 36 hours post-operatively. Set the seat post high (so as to avoid bringing your hip into deep flexion while pedaling.) Cycle without resistance on the bike for the first 4 weeks, as your hip capsule is healing. Pedaling that requires too much effort may stretch the healing capsule too soon after your surgery, thus compromising optimal healing.

Your first session on the bike should be between 5-7 minutes. On the second post-op day, you may cycle twice, once in the morning and again in the evening, for 5-7 minutes each session. Every second or third day thereafter, incrementally increase the time cycling during each session by 10-15% until you are cycling 20-30 minutes twice per day.

If your hip joint is sore the following day, scale back for several days.

HIP ROM (RANGE OF MOTION): Avoid external rotation of your hip for 4 weeks post-op. Avoid excessive ROM (hip extension, flexion) for 4 weeks post-op.

You may sleep on your back or on either hip, but avoid sleeping on your stomach for 4 weeks post-op, (due to external rotation of your hips while in this position.)

DRESSINGS: You may change the outer dressing (clear Tegaderm and gauze) if it is wet or soiled. Please do NOT remove the tape strips/steri-strips that are directly over your incisions. You may add more steri-strips on top of the original steri-strips that were placed at the end of your operation, but do not remove the original steri-strips.

At your first post-op visit (days 11-16), we will remove your sutures and steri-strips, and new steri-strips will be placed over the incisions. Allow these new steri-strips to peel off over the next 3-5 days, or remove them after this time period.

SHOWERING: You may shower 72 hours after your surgery, but cover your surgical site to avoid getting your incisions wet. Do NOT immerse in a hot tub, bath tub, or pool until after we see you at your first post-op visit and clear you for immersion.

Ice Compression Machine: You may use the ice machine as much as needed. We recommend not using it for sleeping.