



ORTHOPEDIC ASSOCIATES of HARTFORD

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Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine

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Hip Arthroscopy Post Operative Instructions

You've had arthroscopic hip surgery today. Your hip joint and labrum were evaluated thoroughly.

I found in your hip:

☐ Labral tearing ☐ Arthritis ☐ Synovitis ☐ Ligament Damage
☐ Pincer impingement lesion ☐ Cam impingement lesion

I was able to:

☐ Shave bone spurs ☐ Clean Arthritis ☐ Remove Bursitis ☐ Debride labrum
☐ Repair labrum ☐ Repair/Shave cartilage damage

Until I see you, you should:

☐ Non weight bearing ☐ Partial weight bearing <50% ☐ Weight bearing as tolerated
☐ Stationary bike ☐ Post op day
☐ Start physical therapy (a referral has been given)

You should change your dressing in 2 days. Cover the portals with band aids. We will remove all stitches at your visit. You may shower at 48 hours but do not soak the incisions.

Pain is expected for several weeks. Use your medication for severe pain. You can also take Aleve 500 mg twice daily (if not allergic, or no ulcer history). Call if fever greater than 101.5°, or if infection is noted. Call 549-8249 for office visit 7-10 days after surgery. If you want to return to work before your next visit, call the office.

