



ORTHOPEDIC
ASSOCIATES
of HARTFORD

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.

