

## HIP ARTHROSCOPY POST OPERATIVE INSTRUCTIONS

These are general instructions only, and should be taken in conjunction with any specific instructions from Dr Slattery.

### Dressings

You will have plastic adhesive (sticky) dressings on your surgical incisions. You are able to shower with the plastic dressings on, but they should not be immersed in water or go in the bath. If they become loose, we recommend reapplying plastic adhesive dressings such as Tegaderm® or OpSite®, which can be obtained from a pharmacy.

### Pain Relief

Paracetamol should be taken regularly 3-4 times per day, and other pain relief should be taken as directed by your Anaesthetist and Dr Slattery. You should take Indocid (Indomethacin) 75mg daily for 6 weeks following surgery. You should slowly reduce strong pain relief, hopefully so that by 14 days post surgery you are only taking minimal pain relief. Ice packs can also be used to help treat swelling for the first 72hrs after your operation.

### Weight Bearing

You are able to place approximately 10kg of weight through your affected leg, and you will require the use of crutches for 6 weeks post surgery.

### Exercises

Exercises should be performed after your operation to help restore your range of movement and strengthen your muscles.

- Gentle range of motion exercises only (no passive stretching)
- Exercise bike (start at 5 days post op): low resistance, for 5 minutes twice a day, slowly increasing
- Hydrotherapy: can commence from your post op visit once Dr Slattery has checked your wounds
- Further exercises should be guided by your physiotherapist and Dr Slattery

### Driving

If you are driving an automatic vehicle and you have had your left leg operated upon, you will be able to commence driving when you have ceased taking strong pain relief. If it is your right leg that has been operated upon, you will need at least 4 weeks off driving.

### Contact us if:

- You have a persistent fever
- You have wound ooze or discharge
- You get calf/leg swelling and pain

### Followup Appointments

If an appointment has not been made for you prior to discharge, please contact Dr Slattery's office on 9819 6934. All patients require a wound review at 10-14 days after surgery.