



**Frantz R. Lerebours, MD**

Orthopaedic Surgeon

## **Hip Arthroscopy Patient Post-Op Instructions**

- Congratulations! You have just completed the surgical phase and entered the recovery/ rehabilitation phase of your operative experience. In order to achieve the best possible result, active patient participation is extremely important during this period of time. The following instructions are designed to help you achieve the best possible outcome following your surgery.
  
- **ACTIVITY:** Your weight bearing status is weight bearing as tolerated using crutches for the 2-3 weeks.
  
- **DRESSING:** You will have a large water-proof dressing covering your surgical sites when you are discharged from the hospital. You may shower with this dressing in place. A small amount of bloody drainage on the dressing is not unusual. You may remove your dressing on the third day following your surgery; do not remove the steri-strips directly covering your incisions. Once you have removed your dressing, you may cover your incisions with Band-aids. Avoid soaking in hot tubs, pools, lakes or ponds as this may increase your chance of post-operative infection.
  
- **BATHING/SHOWERING:** You may get your surgical incisions wet once your dressing has been removed on the third day following your surgery. You may shower and gently wash your incisions with soap and water; do not soak in a tub, hot tub, pool, lake or pond as this may increase your chance of post-operative infection.
  
- **COLD THERAPY UNIT/ICE:** Ice should be applied to the outside of your dressing frequently during the first 48 hours after surgery, and during the first week following surgery. After the first week, you may consider ice after rehabilitation sessions or when swelling occurs. Do not apply ice directly to the skin.
  
- **EXERCISE:** You may begin the following home exercises the day after surgery. These should be performed several times per day when you are not sleeping.
  - Hamstring sets: push heel into bed for count of 10.
  - Heel slides: sit on a firm surface with your leg straight in front of you. Slowly slide the heel of you operative leg toward your buttock by pulling your knee to your chest when you slide.

8737 Beverly Blvd Suite 303, Los Angeles, CA 90048

Phone 310-659-8996

Frantz.Lerebours@csmns.org



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- Prone lying: lay on your stomach for a combined total of two hours per day, divided into multiple sessions. This will help stretch the front portion of your hip joint.
- You may also utilize a stationary bike with no resistance to encourage early motion in your hip joint. Begin with small sessions of approximately 10 minutes at a time twice daily. You may use the upright bike ONLY, no recumbent bike! No resistance while on the bike. Use your non-operative leg to push the operative leg around

**MEDICATIONS:** Your post-operative regimen consists of several medications.

**Pain Medication Tips:**

Do not drive while taking pain medications.

Do not drink alcoholic beverages while taking pain medications.

Pain medication should be taken with food as this will help prevent any stomach upset.

Often pain medications will cause constipation. Eat high fiber foods and increase your fluid intake if possible. To alleviate constipation, purchase a stool softener at any pharmacy and follow the recommended directions on the bottle.

You should resume taking your normally prescribed medications unless otherwise directed. In addition, you have been prescribed the following medications

**I can be reached directly via email [Frantz.Lerebours@csmns.org](mailto:Frantz.Lerebours@csmns.org) for non-urgent questions. Please call the office for emergent issues. Please contact my office for further instruction if you develop fevers greater than 101.5 degrees Fahrenheit, persistent drainage from your surgical incisions, intractable pain, or persistent numbness/tingling in your leg.**

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