

DISCHARGE INSTRUCTIONS

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Hip Arthroscopy Post-Operative Instruction Sheet

Note: If you have any further questions or if there is an emergency, please call Dr. Hochfelder's office at 914-631-7777 or go to the nearest emergency room.

1. Call Dr. Hochfelder's office for a follow-up appointment to be scheduled about 2 weeks after your surgery. Dr. Hochfelder will see you at this time and the sutures will be removed.
2. Remove the dressing 2-3 days after your surgery. You do not need to re-apply another dressing. If there is still some clear drainage or blood tinged drainage, this is normal and you may re-apply another dressing for additional day. Once the dressing is removed you may apply ice to your hip, on and off, for 10-15 minutes at a time, several times a day.
3. You may bathe/shower 2-3 days after the surgery. The sutures may get wet.
4. It is normal for your hip, leg and foot to become mildly swollen and/or bruised after the surgery. This will go away after a few days – weeks depending on your own body. By the second or third week there may be some local irritation around the incision sites including a small amount of redness and swelling. This too is normal as long as there is no pus or new drainage.
5. Despite great care, any incision may become infected. If the site becomes markedly red, swollen, shows pus, or feels very hot, call Dr. Hochfelder's office.
6. Your weight bearing status will be protected with crutches for 2-4 weeks unless you are told otherwise after the surgery. You will be given a prescription for physical therapy and should start this within a week of surgery.
7. Diet: as tolerated
8. Medications: as prescribed for pain. You may also take Tylenol or Motrin instead for pain if there are no medical contra-indications (if unsure please check with your primary care doctor). Aspirin 325 mg once a day for three weeks to prevent blood clots unless otherwise directed.