

Hip Arthroscopy Surgery Postoperative Instructions

Michael Bahk, MD

Diet

1. You may resume your regular diet. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

Hip Care & Bathing

2. Use your crutches and you may place partial weight on your operated leg.
3. Keep your TED hose stocking on to prevent blood clots and reduce swelling.
4. Keep your dressing clean and dry at all times. After 2 days you may change your surgical dressing with sterile gauze and gentle adhesive tape from a local pharmacy. Or you can leave the original surgical dressings on until you see Dr. Bahk in clinic.
5. You must keep your surgical incision clean and dry at all times. It is ok to shower 2 days after surgery but keep your wound and dressing dry! No bathtubs or Jacuzzi's for 2 weeks.

Pain Medication

6. Take your pain medication as prescribed. This usually means 1 tablet every 4 hours for mild pain or 2 tablets every 4-6 hours for severe pain. You may want to take it regularly for the first 48 hours after surgery. Do not take any additional Tylenol.
7. No driving while taking any narcotic pain medication!
8. The pain medication may cause some nausea so take it with some food.
9. The pain medication may also cause constipation so if you take it regularly, take a stool softener, fiber bar, Metamucil or prune juice to prevent constipation.

Follow-up Care

10. Watch for temperature > 101.5°F, persistent numbness and tingling in the foot, persistent bleeding or drainage from the wound, foul odor, progressively worsening pain unresponsive to pain medication, blue toes, chest pain or difficulty breathing. If you have any of these symptoms, call the office if during normal business hours or go to the nearest emergency room!
11. If you do not have a postoperative appointment set-up already, please call the office to schedule an appointment for 7-10 days after surgery at (805) 578-8550 x 6879 or through the appointment desk at (818) 901-6600.