

HIP SCOPE POST-OPERATIVE INSTRUCTIONS



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FINDINGS

- Labral tear
- Arthritis (diffuse cartilage wear)
- Cartilage injury or defect
- Joint lining irritation (synovitis)
- Loose Body
- Femoroacetabular Impingement
- Other: _____

PROCEDURES

- Labral Debridement (Clean-up)
- Labral Repair
- Chondroplasty (Smoothing of cartilage)
- Synovectomy (Removal of inflamed tissue)
- Resection of Femoral Neck Cam Lesion
- Resection of Acetabular Pincer Lesion
- Tendon Release
- Other: _____

DRESSING & INCISION CARE

- Keep dressing on and dry for 2 days, then OK to remove and place regular bandages over incisions.
- Apply ice for 20 minutes out of each hour while awake as needed to control pain and swelling.
- It is normal for some blood or fluid to soak through the dressing. Do not be alarmed. Reinforce the dressing with more gauze as needed.
- It is normal to have some bloody or clear drainage once dressing is removed. Place Band Aids over each incision if there is any drainage. Otherwise, incisions can be left open to the air. Keep all incisions clean and dry. The incisions may look red for at least a few days.
- Do not remove sutures. Your therapist or I will do this at your follow-up visit (7-14 days after surgery).

FOLLOW-UP VISIT

- Make an appointment to see Dr. Shah approximately 2 weeks following surgery.
- If an appointment is not already scheduled for you, call the office the day of or the day after surgery. Tell the office that you need to be seen for a post-op check by Dr. Shah.
- Dr. Shah will show you photographs from your surgery at your first post-op office visit.

DIET

- Nausea is common for 24-48 hours after surgery due to anesthesia and pain medications. Start with liquids and progress your diet as tolerated to your regular diet.

SHOWERING

- You may shower after 48 hours. It is safest to sit while showering (on a tub bench or non-slip plastic chair or stool) or to have someone help you as your operative leg will be unable to be used to maintain balance.
- DO NOT SUBMERGE YOUR INCISIONS UNDER WATER. No hot tubs, pools or baths until you have been evaluated and cleared to do so by Dr. Shah.

MEDICATIONS/PAIN CONTROL

- Use prescribed pain meds as directed. Your prescription was likely called in to your pharmacy.
- You may take over the counter Benadryl as directed for a rash or itching due to pain medications.
- You may use over the counter stool softeners such as Colace for constipation which is a common side effect of pain medications. Use as directed.
- You may use over the counter ibuprofen (Advil, Motrin) or naproxen (Aleve) as directed to supplement pain control and to help reduce swelling. Only use these if you have not had any problems with anti-inflammatory medications in the past (gastric reflux, heartburn, stomach ulcers, GI bleeding, kidney problems).
- It is normal to have some pain after most surgical procedures. If your pain medicines, frequent icing, and the supplemental medications above are not adequately controlling your pain or your prescribed medications are not tolerated, please call the office during business hours to discuss adjusting your medications.
- If you are running low on medications, please plan ahead and call the office during business hours to authorize refills. On-call physicians can not typically refill pain medications after business hours.
- If this box is checked, I recommend you begin using an over the counter cartilage nutrient supplement containing glucosamine and chondroitin sulfate (i.e. Osteobiflex, Cosamin DS, Joint Juice). Use as directed.

PHYSICAL THERAPY

- Physical Therapy (PT) is a very important component in attaining a good outcome from your surgery. You should start PT on post op day 1-2 or as soon as possible.
- You should see your therapist several times each week, but you MUST perform the prescribed exercises on your own each of the other days.
- If you are not aware of your therapy appointment or one has not been set up for you, please call the office to inquire about your appointment.
- If you choose to do your therapy at another location outside of our clinic, please provide us with a location name, phone number and fax number so that we may send them a prescription and protocol for your rehabilitation.

WEIGHT BEARING (for operative leg)

- As tolerated with crutches for assistance and balance
- Toe touch (touch foot on ground just to balance) with crutches
- Non weight bearing (no weight on the operative leg)

CRUTCHES/WALKER

- Crutches or a walker may be used when non-weight bearing or when weight bearing as tolerated for balance. This may be necessary after having received anesthesia.

ACTIVITY AND BRACING

- Make sure to move the knee, ankle, and toes several times per day starting the day of surgery.
- Refer to your physical therapist's instructions for additional specific do's and don'ts regarding the hip.
- Avoid hip flexion past 90 degrees and any high-impact activities to the hip until you are cleared to do so.

WHAT TO EXPECT/WATCH FOR

- You will have pain, swelling, and soreness around the surgical site for at least a few days.
- It is not uncommon to have soreness in your back, neck, or other extremities from lying on a small operating room table for several hours.
- Having fevers for the first few days after surgery is not uncommon. If temp is >101 degrees or accompanied by chills, sweats, increased pain, redness, or drainage at the incision site, please call us.
- It is not uncommon to have nausea for the first 24-48 hours after surgery until all the anesthesia makes its way out of your system.
- Your toes, groin, and seat area may be slightly cool and have some tingling. Any true numbness or white digits are a concern. Call the office immediately. Numbness is expected if you had a “nerve block,” or can be the result of traction placed across your hip during the surgery against a post in your groin. This is common and temporary, and should resolve within 1-6 weeks after surgery.
- **Nerve Block**- If you had a nerve block performed by anesthesia, your pain will increase as it wears off. Take your pain medicine and stay ahead of the pain. If you have a catheter tube/pump, follow the instructions provided by the hospital and call the number they provided for nerve-block related questions.
- **Blood clots**- A DVT is a blood clot occurring in the veins of your lower leg. It is a rare complication of surgery. If you have calf pain, abnormal swelling, fevers, shortness of breath, or increased heart rate, please contact me or seek evaluation from a medical professional as soon as possible.

CONTACTING US

- The office # is 281-344-1715
- Dr. Shah’s medical assistant is Lupe Sanchez: guadalupe.m.sanchez@uth.tmc.edu
- You can call or email her with any problems or questions that may arise
- Please feel free to also visit my website for more information and FAQs at www.SportsDocShah.com.

Vishal Michael Shah M.D. _____