

Hip Arthroscopy Instructions

PRE-OP

- STOP taking NSAIDs (such as aspirin and ibuprofen) 7 days before surgery.
- Get tested for COVID-19, if directed.
- If you smoke, try to quit two weeks before surgery.
- Notify the office if you begin a new medication or receive a vaccine.
- Schedule post-op PT for the day after surgery, unless otherwise directed.

DAY OF SURGERY

- Do NOT eat or drink anything after midnight the night before your surgery.
- Follow instructions provided by the Surgery Center. Bring crutches if you have them, as well as photo ID/insurance cards, and wear loose-fitting clothing.
- Do not bring or wear makeup, piercings, or jewelry, and do not bring money and/or credit cards with you.

POST-OP

- Begin taking the prescribed anti-inflammatory (such as Naprosyn, Indocin, or ibuprofen) the day after surgery. Do not take any other anti-inflammatories in addition to this medication.
- Take pain medication as directed.
- Your bandage will be removed at your first PT visit.
- You may shower 2 – 3 days after surgery. (Do not take a bath/submerge your leg in water.)
- Sleep with the abduction pillow for one week.
- Lay on your stomach at least 2 – 4 hours/day (avoid prolonged sitting).
- Place ice/cold pack on your hip frequently throughout the day.
- Using your crutches, walk with your knee straight, placing your foot flat on the ground and approximately 20 lbs. of weight on your surgical leg. Do not walk with your surgical leg entirely suspended off the ground.

Please visit the *Patient's Guide to Arthroscopy* for detailed information concerning your upcoming surgery:

Hip-arthroscopy.urmc.rochester.edu

For questions or more information, email us at

HipPreservation@urmc.rochester.edu.



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