

Periacetabular Osteotomy (PAO) Instructions

PRE-OP

- Stop taking all NSAIDs 7 days before surgery.
- The day before surgery, take the prescribed dose of Naprosyn (Aleve).
- 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, are taking birth control pills, or receive a vaccine.
- Schedule post-op PT for 5 – 6 days after surgery.
- For staged arthroscopy/PAO, do not stop using crutches before your procedure.
- Practice getting around your house with crutches, including going up/down stairs.

DAY OF SURGERY

- Do NOT eat or drink anything after midnight the night before your surgery.
- Follow instructions provided by the hospital where your surgery will be performed. 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.
- Plan for a 3 – 4 night hospital stay.

POST-OP

- Take the prescribed anti-inflammatory (Naprosyn) 2x/day through day 14 post-op.
- Do not take ibuprofen/Advil while taking Naprosyn.
- Take pain medication as directed.
- If 18+ years old, take enteric-coated aspirin daily for 6 weeks after surgery.
- Your bandage will be removed at your first PT visit. You may shower after this visit (do not take a bath/submerge your leg in water.)
- Lay on your stomach for 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* for detailed information concerning your upcoming surgery: [PAO-guide.urmc.rochester.edu](https://www.urmc.rochester.edu/pao-guide)

For questions or more information, email us at HipPreservation@urmc.rochester.edu.



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