

RICHARD M. SELDES, M.D

KNEE, HIP & SHOULDER SPECIALIST

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POST-OPERATIVE INSTRUCTIONS

SURGICAL HIP ARTHROSCOPY

❖ **PLEASE READ THE INSTRUCTIONS CAREFULLY**

- ❖ It is important to remember that you just had surgery. Swelling and soreness is normal.
- ❖ After the surgery you will be given a prescriptions for pain and inflammation. Please take them with food. The pain medication is a controlled substance and Dr. Seldes will only allow one refill.
- ❖ **TO DECREASE THE SWELLING:**
 1. Take the prescribed anti- inflammatory in the morning with your breakfast.
 2. Apply an ice pack and keep hip cool as much as possible for the first 48 hours. You may cool the hip for 20 minutes 2-3 times a day.
- ❖ You will be given crutches to ambulate after surgery. **You may not weight bear on the surgery side.** Please use them as directed.
- ❖ Please keep the dressing dry and clean until you see Dr. Seldes for the post-op appointment.
- ❖ It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your surgery. However, if there is excessive bleeding (bright red) apply some pressure, elevated the leg and call the office.
- ❖ You will be given a prescription for physical therapy and (braces need) at your post-op visit. If the doctor indicates the need for early therapy the office will call you with this information.
- ❖ There are no changes to your current medication. If you have any questions about your medication, please call the prescribing physician.
- ❖ It is not recommended to drive until you see Dr. Seldes in the office for your post op appointment. You be given further instructions then.
- ❖ If you need time off from work let Dr. Seldes know right away.