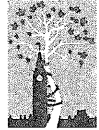




Department of Surgery
DIVISION OF ORTHOPAEDIC
SURGERY

Département de chirurgie
DIVISION DE CHIRURGIE
ORTHOPÉDIQUE



POST OPERATIVE INSTRUCTIONS HIP ARTHROSCOPY

Wound:

- Keep it dry for the next 48 hours. Then you may shower.
- No bath or swimming
- If you have a dressing, always keep your dressing clean and dry. If the dressing becomes soiled or wet, it must be changed in order to prevent infection. This can be purchased at any pharmacy.
- If you develop signs of infection (redness, excessive swelling, and purulent discharge) please call my office.
- If you have sutures or staples they can be removed in 10 to 14 days by your family doctor or the plaster room at the General Campus

Getting Around:

- You can put 50% of your weight on your operated leg for the next 7-10 days using crutches
- If you have had the shaving of the bump, then you need to extend your 50% weight bearing for a total of 4 weeks
- There is no restriction on range of motion or sitting
- You cannot drive for 2 weeks
- Recommend off work 3-5 weeks
- Do not travel by airplane for next 2 days
- If you want to travel south by airplane, wait 4 weeks

Medications

- You will be given a prescription for pain medication that you take as needed

Physiotherapy

- Your referral is included in this package

Happy Brace – if you decide to use the Happy Brace (information enclosed) please bring it the day of your surgery and it will be started in recovery.

Please call the Plaster room to book your first follow-up in 2 to 4 weeks after surgery at 613-737-8400.

If you develop fever, chills or severe shortness of breath, please go to the nearest emergency department.

All insurance forms, medical notes, work notes, etc will be filled out after the surgery takes place.