

Dr. SEHGAL'S POST OPERATIVE INSTRUCTIONS FOR HIP ARTHROSCOPY

Day of Surgery:

- Take two Aleve (naproxen) per day for the first one month to minimize the chance of unwanted blood clots in the hip or leg veins and to lessen the chance of unwanted bone regrowth.
- Do NOT sleep prone (on your stomach) for the first one month post-op. This lessens risk of rare hip dislocation.
- Keep your dressing dry. It is normal to have drainage from the surgical site. If necessary, reinforce the dressing with gauze.
- Apply ice for 20 minutes every 2-3 hours as needed for pain control. Put a towel between the ice bag and skin.
- Use crutches with **partial** weight bearing for the next 2-3 weeks. You should **NOT** put your full weight on the operative leg to walk. If so there is a small chance that you may fracture your hip bone. Try not to place more than 20 lbs of force on your operated leg; use any bathroom weight scale to feel what 20 lbs feels like. After 2-3 weeks progress to one crutch or a cane until comfortable with full weight bearing
- **NO IMPACT ACTIVITIES** i.e. jumping, running or hiking/walking on uneven ground and **AVOID EXTREME STRETCHING** until after 12 weeks.
- Take your pain medication as directed.
- You should call physical therapy and have an appointment made for next week. They will follow Dr. Sehgal's HIP ARTHROSCOPY Protocol.

Day 1:

- Keep your dressings clean and dry. Try not to get wet.
- Start gentle stretching and stationary bicycle with NO resistance if tolerated. May begin on bicycle the day after surgery but limit to 10 minutes at a time and apply no resistance for the first 2 weeks.
- No bathing or hot tubs until incisions are healed.
- Swimming is ok after 10-14 days (when incisions are healed). Baths or hot tubs can also begin then, as may walking/running **in pool ONLY** with water at least to chest level. No running outside.
- You should be given an orthopedic clinic follow-up visit with our office in approximately 10-14 days post-op at which time you will be examined and your sutures will be removed.
- If you have increased pain, fever or a significant change in your condition please contact Dr. Sehgal. If you have an emergent problem, dial 911 or come to the emergency room for evaluation/treatment.
- If you have a non-emergent question or concern that you need addressed before your first clinic visit, you may call Dr. Sehgal's office and leave a message. He will get back to you as soon as he can.

Day 3:

- You may remove your dressings and shower. Pat the area dry and apply band-aids over incisions. Do NOT apply creams or lotions to the incisions. Change the band-aids as needed.

HIP ARTHROSCOPY REHABILITATION

Avoid impact activities for the next 12 weeks. This means no running, jumping, falling, etc.

AFTER WEEK ONE (i.e. 7 days):

- Start gentle stretching (such as motion used in cycling or swimming, NOT martial arts or dance stretching!) of the lower extremities. Remember to start slowly for 10 minutes and then work up as tolerated. Gentle range of motion of the hip is the goal.
- You may continue stationary bicycling with no resistance. Start 10 minutes adding 5 minutes daily as tolerated. 20 minutes every day is typically sufficient. If you have no exercise bike, Walmart sells a model that suffices and is about \$30. It is very important to begin the bicycling (without resistance and with seat raised) within the first 1-7 days of surgery to avoid adhesions (scar tissue) that could compromise your outcome.

AFTER WEEK TWO (i.e. 14 days):

- You may progress to full weight bearing using one crutch or a cane until you are comfortable (this may take until 3+ weeks which is ok)
- AVOID IMPACT ACTIVITY AND FALLING.
- Continue the exercise bicycle and slowly increase the resistance over the next 4 weeks. Keep the seat raised (or back if using recumbent type exercise bike) to avoid irritating the hip in flexion.
- Start walking on flat ground for 15 minutes adding 5 minutes as tolerated. Avoid uneven terrain.

AFTER WEEK FOUR (i.e. 28 days)

- If you have access to one, use the elliptical machine at light resistance and low weight-bearing status. Again work gradually up to 20 minutes and you can do this daily but every other day is fine as well.

AFTER WEEK SIX: (i.e. 42 days)

- Dr. Sehgal will discuss your exercise program at this visit. Advancement of your activity level will be evaluated and customized to optimize your outcome.
- Most athletic patients may begin light jogging on a treadmill or soft surface as early as 90 days post-op but **no** earlier.
- If you do martial arts or dance type stretching, this may begin after 90 days.
- If you engage in sports such as football, basketball, tennis, etc, typically patients may safely and comfortably return as early as 5-6 months post-op but this varies greatly depending on the hip pathology and specific surgery required in your case. Dr. Sehgal will try to customize your care in this regard.
- Most patients will experience continued improvement up to 14 months post-op despite feeling recovered much earlier.

Please follow his directions very carefully for the best possible outcome, something that both you and he greatly desire.



Office: 972-438-4636
Fax: 972-438-2077
www.TheSportsSurgeon.com