

Hip Arthroscopy - Labral Repair
Post-Op Instructions
Dr. Rodriguez

- Do not remove bandage for **72 hours (3 days)**. Keep clean and dry. After 72 hours, remove bandage and apply band-aids to incisions. OK to take showers only after 72 hours. Change band-aids after shower. **NO TUB BATHS!**

- Use **crutches** at all times for **4 weeks**. You will **Touch Down Weight Bearing** for the first **2 weeks**.

- **Wear brace at all times** for **4 weeks**. It should be **unlocked** and set to **70 degrees**.

- You need to use your **CPM** machine at least **6-8 hours every day for 3 weeks**. (**may or may not be covered by insurance)
 - Start 0-30 degrees and increase to **70 degrees max** as tolerated.
 - You can take your brace off when in CPM.

- If we do a **Micro Fracture** – you will use brace and CPM for **6 weeks** and crutches for **12 weeks**.

- **Cold Therapy Machine** - need to use this as much as possible for the first **3 weeks**. (**may or may not be covered by insurance)

- **Medications after Surgery** :
 - Xarelto – anti-coagulant / blood thinner – 3 weeks
 - Indomethacin - anti-inflammatory & prevention of Heterotopic Ossification (overgrowth of bone) – 2 weeks
 - Neurontin – neurologic / helps w nerve pain – 2 weeks
 - Percocet – narcotic pain med – as needed
 - Tramadol – mild narcotic pain med – as needed

- **Physical Therapy** will begin the next day after your surgery (before you go home). After discharge, you will go to therapy in **1-2 days** at the outpatient facility we have chosen during Pre-Op.

- **Call** Anne, Gwen or Topeka at **408-7845** if you have any questions.