



Orthopaedic Specialty Institute

Medical Group of Orange County

Robert Grumet, MD

POST OPERATIVE INSTRUCTIONS **HIP ARTHROSCOPY WITH MICROFRACTURE**

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to hip every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours. It may be helpful to take pain medication approximately one-half hour prior to exercise session.
- D. You must remain TOE TOUCH WEIGHT BEARING. Do NOT transfer weight on the foot of the affected leg. Utilize crutches for ambulation.
- E. You may sit in a chair, lie down on your back for sleeping. You should NOT flex your hip past 90 degrees (i.e. bend over to tie your shoes or put on sock)
- F. Continuous Passive Movement (CPM) Machine may be indicated.
 - If you have a Continuous Passive Motion (CPM) machine, you may begin using it and progress up to 90 degrees of hip flexion as tolerated. Please log in 4-6 hours per day total; you may break this time up throughout the day.
 - CPM instructions: begin at 0-30 degrees and progress 5-10 degrees every other day

2. First Post-Operative Day

- A. Continue ice pack as needed. Remain TOE TOUCH WEIGHT BEARING on operative leg
- B. Continue CPM machine if indicated
- C. Begin post operative medications:
 - **Indocin** → *take daily starting the day AFTER surgery for four days*
 - **Omeprazole** → *take daily starting the day AFTER surgery with indocin for 4 days*
 - **Naprosyn** → *take twice daily starting the day AFTER INDOCIN is completed*
 - **Norco** → *take every 4-6 hours as needed for pain*

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed. Remain TOE TOUCH WEIGHT BEARING on operative leg
- B. Continue post op medications
- C. You may remove surgical bandage and shower this evening. Keep your incision site(s) dry when taking a shower. You can cover your incision with waterproof bandages (available at your local pharmacy) or plastic/cling wrap.
- D. Do NOT bend your hip past 90 degrees

4. Suture Removal

Your sutures will be removed 10-14 days after surgery at your first post op appointment.

For Return Appointments

Your 1st post op visit will be 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113.

During business hours 8:00am-5:00pm, ask for Elyse.

If you have a problem after hours, the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.