



# Orthopaedic Specialty Institute

Medical Group of Orange County

**Robert Grumet, MD**

## POST OPERATIVE INSTRUCTIONS HIP MICROFRACTURE

### 1. First Post – Operative Day

- A. Use ice pack every one to two hours while awake.
- B. Pain medication as needed.
- C. Use crutches for walking. **REMAIN NON-WEIGHT BEARING** on the operative leg
- D. 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).
- E. If you have a continuous passive motion machine (CPM) you may begin using it and progress up to 90 degrees of hip flexion as tolerated. Please log 4-6 total hours in the CPM each day (broken into sessions as tolerated).

### 2. Second Post – Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. Continue weight bearing as toe touch on operative leg.
- C. Begin your post-operative medication:
  - ***Indocin**: take daily starting first day after surgery for four days*
  - ***Omeprazole**: take daily starting first day after surgery with Indocin*
  - ***Naprosyn**: take twice daily for 30 days starting the day after finished with Indocin and Omeprazole*
  - ***Norco (pain medicine)**: every 4-6hrs as needed*
- D. You may remove your bandage from the surgical area and shower this evening. You may remove the outer adhesive cloth tape and layers of gauze. Please keep the steri-strips (white cross-cross strips) in place as they cover your incisions. You will need to keep your incision site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Please keep your incisions clean and dry until your sutures are removed in our office.

### 3. Suture Removal

- Your sutures need to be removed 10 - 14 days from surgery at your first post op visit.

### For Return Appointments

- Your 1<sup>st</sup> post-op visit will need to be scheduled for 10-14 days after surgery.
- Your 1<sup>st</sup> Physical Therapy appointment will start after your first postoperative visit.
- If you have any problems or questions please call our office at (714) 937-2113 and ask for Elyse during office hours 8:00-5:00. 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.