

**Thomas Peatman, MD**  
**Webster Orthopedic Medical Group**  
**Appointments (800) 943- 8099**  
**Erica (510) 267-4018**

**Discharge Instructions for Hip Arthroscopy:**

1. Take pain medication as prescribed. Medication is most effective at the onset of pain, before it gets severe. Wean to Tylenol or Advil as tolerated.
2. Expect hip swelling. Ice and elevation are the solution: Apply cold therapy using a gel ice pad held on your hip with an ace bandage. Always have a cloth between the skin and ice pad, to prevent an "ice burn".
3. You will be receiving a CPM machine at your home to help move your knee after surgery. This flexes your hip. Begin using the CPM machine from 0-90 degrees as you are able to tolerate 3-4 times per day, 30-60 minutes per session. Start with a setting that is comfortable. Use the CPM for an hour, 3-5 times a day.
4. An exercise bicycle with minimal resistance is an excellent activity. 20-30 minutes a day is very helpful.
5. Keep all wounds clean and dry. Leave your dressing in place for 48 hours after your surgery. Then you may shower (no bath or hot tub). You may replace dressings with clean dry gauze after 48 hours, or leave them open if there is no fluid coming out. Leave the white tape Steri-Strips in place (they will not fall off).
6. You will be sent home in a sling. Stay in the sling for comfort for 2 days, then wean from the sling as tolerated.
7. Make a follow up appointment if one has not been scheduled with Dr. Peatman or Sarah for 7-10 days after surgery.
8. Call Dr. Peatman's office promptly (510-267-4018) for any of the following:
  - \*Bright red or persistent bleeding soaking through all dressings
  - \*Unrelieved pain (not responding to ice and pain meds as scheduled)
  - \*Persistent nausea or vomiting
  - \*Temperature above 101 degrees F. Check with a thermometer
  - \*Difficulty breathing
  - \*Spreading redness and increasing pain around the incision
  - \*Numbness or tingling in the extremity which is not resolving

Resume eating with small meals of light food or soups. Encourage fluid intake. Avoid heavy or greasy food for 24 hours. You may benefit from taking Metamucil or fiber to avoid the constipation from narcotics.

Do not drive while taking narcotics. Do not drive until you have adequate control of the leg.

Do not drink alcohol while taking narcotics.