



From the office of:

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**POST-OPERATIVE INSTRUCTIONS
PROCEDURE: HIP PINNING**

Diet: Begin with liquids and light foods (crackers, soup, etc.). Progress to your normal diet if you are not nauseated. You have been given a prescription for an anti-nausea medication to be taken if needed.

Pain Medication: You have been given a prescription for narcotic pain medicine. These types of medications can cause side effects including nausea, constipation, sedation and confusion. We recommend these only be used for 1 to 2 weeks after surgery. Do not drive while taking narcotic pain medication. An over-the-counter stool softener or laxative, such as Colace, Dulcolax, or Senokot, is recommended to prevent constipation. At any time, acetaminophen (Tylenol) may be substituted instead of your narcotic medicine and used for pain control. Do not exceed 4000 mg of acetaminophen in a 24 hour period. Do not combine with alcohol.

Response to Surgery: It is normal to have pain and swelling in your hip and thigh after surgery. It will take several weeks for this to go away. It is also common to notice bruising around the thigh and upper leg as the swelling resolves.

Ice: Keep ice on your surgical site for 30 minutes at a time, then 30 minutes off. We recommend having two ice packs. Keep the unused pack in your freezer, and rotate the packs on and off the surgical site as often as needed. Continue to use the ice as often as possible for the first 5-7 days, then as needed for pain relief.

Wound Care: You may remove the surgical dressing 3 days after surgery. Replace it with a clean, dry gauze dressing. You may notice some bleeding on the dressing, which is normal. Please contact our office if it seems excessive.

Weight-Bearing: It is safe to put weight on the operative leg, as long as doing so does not cause pain in the hip. You will need to use crutches until you are able to walk pain-free.

Showering: When you feel up to it, you may shower. Do not scrub or soak the surgical site. You may remove the brace when showering, but make sure you do not bend your hip while your knee is fully straight, as this will stretch the hamstring repair. We recommend purchasing a shower chair to facilitate safe showering.

Exercises: Beginning post-operative day #1, perform the following exercises.

- Ankle Pumps: While sitting, pump your ankles up and down 10 times.
- Straight Leg Raises: While lying flat on your back, lock your knee straight and lift it up and down 10 times.
- Do these at least once an hour.

Driving: You will be unable to drive until you are off narcotic medications and you have been allowed to discontinue your crutches. This will be approximately 6 weeks after surgery. It is important that you feel very confident in your ability to respond quickly to changing conditions before attempting to drive. Make sure you can safely get in and out of your car, as well.

Appointment: A follow-up appointment should be scheduled for you. If you didn't receive an appointment, or if you need to change your appointment time, please call our office at 314-523-2595.

Problems: If you develop severe pain, a fever greater than 101.5°, redness around the incision, thick yellow drainage from the incision, excessive bleeding, or persistent nausea and vomiting please call our office at **314-523-2595**.

Monday - Friday, 7 a.m. to 5 p.m.

Our staff will be available to answer questions

Weekends & Evenings

Our after-hours emergency exchange will be able to contact Dr. Blackman

For more information, please visit andrewblackmanmd.com

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