

DR. GEOFFREY ABRAMS

**Palo Alto VA Health Care System
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Hip Arthroscopy Patient Discharge Education

Please see the detailed post-operative rehabilitation/physical therapy protocol for weight bearing and range of motion restrictions. This will guide you until you see the physical therapist within the first few days.

If you have pain, use your pain medication as prescribed. If you develop nausea/vomiting or rash while using the medication, please call the office so your medication can be changed. To minimize swelling and pain, use the cold therapy machine as instructed (if authorized), because this will also reduce swelling and pain. The first 24 hours are the most crucial. If swelling in the joint is a major problem, contact your physician's office.

Keep the wounds dry for 72 hours and then you may remove the dressings and shower. **DO NOT REMOVE THE STERI-STRIPS and DO NOT SOAK THE OPERATIVE SITE UNDERWATER.**

- Do frequent ankle pumps, i.e. move ankle up and down. This will help the circulation in your leg.
- You will also be prescribed a continuous passive motion machine (CPM) that will move your leg for you. Start with initial settings of 30-70 degrees at one cycle per minute and then increase the range of motion by 5-10 degrees each day, each direction as tolerated.
- The bunny boot is mean to keep your leg from externally rotating while at rest. Set the bar so that your foot points straight towards the ceiling at rest. You do not need to wear the boot in the CPM machine or while using the crutches.

Make sure you have an appointment with your physician's office approximately 2 weeks after surgery. This appointment should be made before surgery. If not, please make an appointment with your doctor or the nurse practitioner/physician assistant.

You should make/confirm a physical therapy appointment within approximately 3 days of surgery. Please take the rehabilitation protocol with you to the physical therapist appointment.

Your doctor may have prescribed equipment for you to use in the home for which you will have already received instructions. If you have any problems with the equipment please contact the vendor listed on the machine.

If you have any other questions, please call **(650) 493-5000 x66101**.