

**EVAN PEISSIG, MD**  
Orthopedic Surgeon

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## Post-op Instructions for Hip Arthroscopy

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These instructions are to compliment information given by the nursing staff and physical therapists. They cover many of the common questions.

### WOUND CARE

Dressings are to be kept clean and dry. A small amount of clear drainage or bleeding is normal. You may remove the dressings on your hip on the second or third day following surgery. Please keep your steri-strips/sutures intact. You should cover them with 4x4 gauze pads and secure them with tape.

You may get the incision wet when showering 3 days after surgery. The shower should be brief and the wounds patted dry with a clean towel. No baths or soaking the incision until 3 weeks after surgery and scabs are absent.

If purulent drainage (thick white or greenish in color) is coming from the wound, or the wound has increasing redness, or if you are having a temperature of 101 or higher, please report these symptoms to your surgeon or the doctor on call.

Never, ever remove your own stitches or trim what may appear to be excess suture material. We will remove your stitches in the office at your post-op appointment. If you are concerned about your stitches or if they are bothering you, please call us.

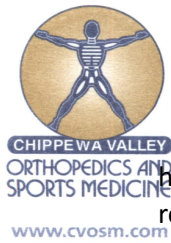
### PAIN & SWELLING

Ice your hip as frequently as possible with the cooling device or an ice pack. Do not place ice or the cooling device directly on the skin as it may damage the skin. This should be done for 20 minutes 4-5 times per day. This will help with the pain and swelling. Icing the hip is very important the first couple of weeks following surgery.

Narcotic pain medication will be prescribed for use after you leave the hospital. Try to wean down as tolerated. These medications can cause constipation and you may want to use an over the counter stool softener. Tylenol products may be used instead of prescribed pain medication. The prescribed narcotic medications should not be taken at the same time as plain Tylenol. If a refill of medication is needed, please call the office during regular business hours, Monday-Friday 8:00 a.m. to 5:00 p.m. In general, refills will not be made after hours, so please plan ahead.

Naproxen, Celebrex, or Meloxicam will be prescribed twice daily for a period of 1 month. While this can help with pain, its primary purpose is to prevent the formation of extra bone growth following surgery (called heterotopic ossification). You should take this whether you have pain or not.

Swelling throughout the entire leg is common after surgery to some degree. To reduce swelling, elevation is very helpful. Elevate the toes above the heart level ("toes above the nose") for 30 minutes every 2 hours for the first 2-5 days after surgery. Moving your ankles up and down on a regular basis



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helps circulate blood from your legs to help reduce swelling. Excessive pain and swelling should be reported to your surgeon.

## DRIVING

To drive you must no longer be taking narcotic pain pills. Also, you must feel strong and alert. Most people are able to start driving 1-2 weeks after surgery, but use your judgment as to when you feel ready and safe to drive.

## WEIGHT-BEARING

Crutches are required following surgery. You should place only 25% of your weight on the surgical side right away and advance to 50% after 1 week. Your physical therapist will work with you to teach you how much weight is safe.

## EXERCISES

Range-of-motion exercises of the hip should begin as soon as possible after surgery, and should be done 4-5 times per day for the first week.

A CPM, or a continuous passive motion device, will be prescribed for most arthroscopic hip procedures. The machine will be set to flex your hip up to 40-60 degrees. The amount of flexion does not need to be increased. Immediately after surgery while you are resting, the CPM is to be used three times daily with sessions lasting up to 2 hours. As your mobility increases, the CPM use can be reduced.

Other exercises will be specified on the hip arthroscopy rehab protocol sheet and should be done as directed by your therapist and Dr. Peissig.

Return to work is variable depending on the type of employment, and should be discussed with Dr. Peissig at your clinic appointment.

## FOLLOW-UP

Make sure an appointment has been scheduled for you to see Dr. Peissig at Chippewa Valley Orthopedics & Sports Medicine for approximately 2 weeks after surgery.

Evan Peissig, MD

Chippewa Valley Orthopedics & Sports Medicine

(715) 832-1400



**CHIPPEWA VALLEY**  
**ORTHOPEDICS AND**  
**SPORTS MEDICINE**

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