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Hip & Knee Expert

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## Post-op Instructions for Abductor Repair

These instructions are to compliment the information given to you by the nursing staff or other healthcare professionals. They cover many of the common questions.

### WOUND CARE

Immediately after surgery, a dressing will be placed on your hip. Dressings should be kept clean, dry and intact. You may remove the dressing on your hip the second or third day following surgery or sooner if there is any bleeding or drainage. A dry gauze dressing secured with tape may be used to cover the incision.

You may shower 2 days after surgery, but should not bathe in a bathtub or go swimming until permitted by Dr. Stewart, usually 3-4 weeks after surgery. In the shower, let the warm water run over the incision, but do not scrub the area. Pat the area lightly with a clean, dry towel.

The incision should be inspected daily, and any abnormal drainage or excessive bleeding should be reported immediately.

### PAIN & SWELLING

Ice your hip as frequently as possible. We recommend 4-5 times a day, for 20-25 minutes per time. You may use either the cooling device given to you at the hospital, or simply use an ice pack or Ziploc bag full of ice cubes. The cooling device or ice packs should not be placed directly on the skin, and a towel or other padding should be used to prevent skin damage.

You will be prescribed a narcotic pain medication for pain management. Please take this as directed, and do not exceed the recommended dosing. 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 the prescribed pain medication, but should not be used with the narcotic pain medication as both contain acetaminophen, and overdose can occur. If a refill of pain 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 or on weekends, so please plan ahead.

### DRIVING

To drive you must no longer be taking narcotic pain pills (plain Tylenol, Ibuprofen or Aleve is allowed), and you must feel strong and alert.

### EXERCISES/ACTIVITY

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 certain 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 primarily resting, the CPM is to be used 3 times a day with sessions lasting up to 2 hours. As your mobility increases, the CPM machine use can be reduced.

You will be non-weight bearing on the surgical leg and therefore, it is recommended that you use a walker or wheelchair for ambulation.

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

#### ABDUCTOR BRACE

You will be required to wear the abductor brace on the surgical leg for 12 weeks postoperatively to help the tendon heal to the bone.

You will be expected to wear the brace at all times with the exception of showering. When showering, we recommend that you have a shower chair that you can sit on. Wear the brace when getting into the shower, sit on the shower chair and remove the brace. Once you are done showering, dry off completely and then reapply the brace before getting out of the shower.

#### FOLLOW-UP

You will see Dr. Stewart in the office 10-14 days after surgery.

#### ADVERSE SIGNS OR SYMPTOMS

Occasionally patients experience troubles after surgery and need additional medical attention. Such conditions that require medical attention including the following:

- 1) Fever of greater than 101 degrees F
- 2) New or different colored drainage from your surgical incision
- 3) Chest pain or shortness of breath

Seek medical attention immediately if you develop sudden chest pain, shortness of breath, a rapid heartbeat, lightheadedness or dizziness.

#### QUESTIONS/CONCERNS

If you have any additional questions or concerns, please feel free to call our office Monday-Friday, 8:00 a.m. to 5:00 p.m.

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