

You are recovering from arthroscopic hip surgery. The following information is to help make your recovery as smoothly and rapidly as possible.

1. Keep your leg elevated as much as possible for the next few days to help with postoperative swelling.
2. Place a bag of ice or a cold pack on the front and side of your hip for 20 to 30 minutes several times a day to help reduce swelling and overall discomfort.
3. Dressing Instructions/Wound Care:
 - Keep your dressing on for 2 days. Do not get it wet. After 2 days, the bandages may be removed and a light bandage may be applied only if needed. You may shower, but no tub-bathing.
 - Remove your large, bulky dressing tomorrow, but leave the Band-Aids underneath this on for 2 days. After 2 days you may remove the Band-Aids and shower, but no tub-bathing. There are Steri-Strips (small sticky paper strips) on the incisions below the Band-Aids and these will fall off over the course of 1 to 2 weeks.
4. Postoperative bleeding and fluid drainage from your incision sometimes happens, and is not uncommon. It may be necessary to reinforce your dressing with additional bandages if there is leakage through your initial dressing. If you have concerns about the amount of bleeding, please call.
5. Postoperative pain is common but should be controlled by the prescriptions given to you.

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6. Activity Instructions:

- Full weight bearing/weight bearing as tolerated:** You may stand and walk on your operative leg with as much weight as you're comfortable placing on that side, but use crutches to help steady your balance and to prevent falls.
 - 50% weight bearing:** This means you can place 50% of your body weight on your operative leg while using crutches. To determine how this feels to you, divide your body weight in half, and then stand with your operative leg on a scale and push down until the scale reads one-half your body weight. Remember how this feels, and try not to put more than this amount of weight on your operative leg.
 - Toe-touch weight bearing:** This means you can only let the weight of the operative leg rest on the ground while using crutches. Do not stand with your body weight on this leg, but you do NOT need to hold your leg up in the air.
 - Avoid hip flexion past 90°:** This may be necessary to help protect your labral repair if deemed necessary by your surgeon. The angle created by your thigh and your stomach should not be smaller than 90°, i.e., don't pull your knee up to your chest.
7. Remember that the surgery will cause your thigh muscles to be weak, so take your time, be safe, and use your crutches until your physical therapist or your doctor instructs you to stop using them.
8. You will be seen in the office within 1 to 2 weeks for follow-up. Please call your doctor's office listed below if you have any problems.

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