

BENJAMIN G. DOMB, M.D.

WWW.BENJAMINDOMBMD.COM
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Hip Arthroscopy Postop Visit #1 Instructions

1. Wean off crutches over the next 2-3 days and begin weight bearing as tolerated
 - a. **If weight bearing precautions have been extended, wean crutches at date instructed**
2. Discontinue hip brace as instructed
3. Continue physical therapy per protocol (progressing through all 4 phases)
4. Continue either: 4 hours per day of CPM or 2 hours per day of stationary bike for an additional 6 weeks.
5. Finish your anticoagulation regimen
 - a. ASA 325mg twice daily for one month
 - b. Lovenox 40mg injected once daily for 2 weeks
6. Follow up with Dr Domb in 3 month when physical therapy has been completed.

***Some patients will encounter a flare up between 6-10 weeks.** In this event, it is suggested that you begin a course of Aleve. You may take 2 tablets twice a day with food. This is provided that you are in good health with no outstanding medical conditions and have no known drug allergies to anti-inflammatory medication. If you do have any type of medical condition, including but not limited to hypertension or stomach ulcers, please check with your primary care MD before beginning the medication.

*We would also like for you to begin 2 therapeutic stretches around this time (approximately 8 weeks postop) as well. The first stretch is for your hip flexors and the second stretch is for your piriformis (an external rotator of your hip). You should perform each of these stretches 10x per day holding 10 seconds at a time.

*For our athletes, you may expect a return to sports between 4-6 months.

