



AMERICAN HIP INSTITUTE & ORTHOPEDIC SPECIALISTS

General Post-Operative Instructions

1. Remove your surgical dressing 3 days after surgery.
2. You may shower 3 days after surgery using gentle soap and water. Gently pat the incision dry after the shower. You may apply a fresh gauze dressing to the incision after the shower, or leave open to air if the wound is not draining.
3. Begin physical therapy :
 - 1-2 days after surgery
 - 2 weeks after surgery
 - 6 weeks after surgery
4. Once you begin therapy, please provide your therapist the American Hip Institute postoperative protocol. Your therapist may contact our office with any questions or concerns.
5. Please do not use bacitracin or other ointments/creams on the incision site or under the bandage.
6. Do not submerge the incision under water. No baths, no hot tubs, no pools and no swimming until the wounds are fully healed and you have received clearance by the American Hip Institute.
7. Use ice packs 3-4 times per day to help control pain and swelling.
8. Please call the office to schedule a follow up appointment 10-14 days following surgery if you do not already have an appointment scheduled.
9. If you develop a fever (>101.5°F) or redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
10. Use narcotic pain medications only as needed – you may discontinue use of the pain medication once your pain is controlled with Tylenol or icing alone.

Weight Bearing Instructions:

- Weight Bear As Tolerated
- 20# flat foot WB
- NON – Weight Bearing
- Other: _____

Brace Instructions:

- 2 weeks
- 6 weeks
- 8 weeks
- Other: _____

If you have any questions feel free to call our office at 833-USA-HIPS (833-872-4477)

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