

# BENJAMIN G. DOMB, M.D.

[WWW.BENJAMINDOMBMD.COM](http://WWW.BENJAMINDOMBMD.COM)  
[WWW.AMERICANHIPINSTITUTE.ORG](http://WWW.AMERICANHIPINSTITUTE.ORG)

## **Post-Operative Instructions** **Hip Arthroscopy**

1. Remove the dressing on POD#2. Day of surgery is considered POD#0
2. Apply dressings as needed to wounds sites (Band-Aids or Dry Dressings)
3. Please do not use bacitracin or other ointments under the bandage. Use the cryocuff or ice packs as often as possible, and at least 30 minutes four times per day.
4. An ace wrap may be used to help you control swelling. Do not wrap the ace too thickly or the cryocuff will not penetrate.
5. Walk with crutches at all times. You may place ONLY 20 lbs. of weight on the operated leg.
6. Wear the brace at all times. You may discontinue the brace:
  - during physical therapy
  - while on the bike or CPM
  - bathing
7. Physical therapy appointment should be scheduled as soon as you leave the hospital.
8. Therapy as per Dr Domb's protocol. Have therapist contact our office with any questions, and please make sure your therapist has Dr Domb's protocol.
9. Use the continuous passive motion (CPM) machine at least 4 hours per days. Motion can begin at 30-70 degrees, and progress to 0-90 degrees as soon as possible. You may replace CPM with stationary bicycling for at least 2 hours per day.
10. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
11. Do not soak the hip in water or go swimming in the pool or ocean until your incisions are healed.
12. Driving is not encouraged until you are off of crutches and out of the brace and then only if you have stopped taking pain medicine and feel you can drive safely.
13. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.
14. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
15. You may experience some low back pain due to muscle spasm from anesthesia or traction. If so, apply an ice pack to the area and take analgesics as prescribed.
16. ASA 325mg PO twice daily x 1 month or other anticoagulation regimen should have been provided. Begin the days after surgery. Take as directed to prevent blood clots. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
17. Wear TED hose for 4 weeks postoperatively. May discontinue while sleeping.
18. Discontinue pain meds when able

### **Weight Bearing Instructions:**

- 2 weeks 20# flat foot WB
  - 6 weeks 20# flat foot WB
  - 8 weeks 20# flat foot WB
  - Other:
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### **Brace Instructions:**

- 2 weeks
  - 6 weeks
  - 8 weeks
  - Other:
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**If you have any questions feel free to call our office.**