



Dr. Alex Lencioni

**Reno Orthopedic Center
Hip Arthroscopy Patient Discharge Education**

Please see the detailed post-operative rehabilitation/physical therapy protocol for weight bearing and range of motion restrictions. This will guide you until you see the physical therapist within the first few days.

If you have pain, use your pain medication as prescribed. If you develop nausea/vomiting or rash while using the medication, please call the office so your medication can be changed. To minimize swelling and pain, use the cold therapy machine as instructed (if authorized), because this will also reduce swelling and pain. The first 24 hours are the most crucial. If swelling in the joint is a major problem, contact your physician's office.

CRYOCUFF: Keep cold therapy cuff on at all times for the first 24 hours after surgery. Refill with cold water every hour while awake. Icing is very important to decrease swelling and pain, and improve mobility. After 24 hours, continue to use the cuff 3-4 times a day, 15-20 minutes each time, to keep swelling to a minimum. If you do not have the crycuff, using ice on the operative limb 20 minutes on and 20 minutes off is appropriate. Always keep something between the Cryocuff and/or Ice and your skin to prevent injury to your skin.

Keep the wounds dry for 72 hours and then you may remove the dressings and shower letting warm soapy water run across the surgical site. **Do not scrub, soak or submerge the operative extremity.**

- Do frequent ankle pumps, i.e. move ankle up and down. This will help the circulation in your leg.
- You may also be prescribed a continuous passive motion machine (CPM) that will move your leg for you. If so, start with initial settings of 30-70 degrees at one cycle per minute and then increase the range of motion by 5-10 degrees each day, each direction as tolerated.
- Make sure you have an appointment with your physician's office approximately 2 weeks after surgery. This appointment should be made before surgery. If not, please make an appointment with your doctor or the nurse practitioner/physician

assistant.

- You should make/confirm a physical therapy appointment within approximately 3 days of surgery. Please take the rehabilitation protocol with you to the physical therapist appointment.

Your doctor may have prescribed equipment for you to use in the home for which you will have already received instructions. If you have any problems with the equipment please contact the vendor listed on the machine.

Medications:

- Pain Control: Most patients will require some narcotic pain medication (i.e. vicodin, oxycodone, norco, hydrocodone, or other codeine-derivative) for 1-2 days after surgery – please take as instructed. It is important not to drink alcohol or drive while taking narcotic medication. If your pain is minimal, you may discontinue the use of narcotics. Ibuprofen 600-800 mg (i.e. Advil) can be taken as needed in between doses of narcotic pain medication for additional pain control.
 - We will also provide a prescription for Tylenol to assist in pain control. Tylenol Extra Strength 1000mg. You can take this as needed for pain control every 8 hours, not to exceed more than 3000mg or 3g of Tylenol or Acetaminophen per day
 - Caution: Acetaminophen or Tylenol is often in other medications, especially cold medications.
- You will also be prescribed Naproxen (Naprosyn) 500g, to take one tab twice daily with food for 4 weeks. This is to help prevent extra bone formation in the soft tissues around the surgical site.
- Nausea: Zofran will be prescribed for post operative nausea related to surgery or the pain control medications.
- Blood Clot Prevention: Unless otherwise instructed, take an aspirin 81 mg daily for 4 weeks following surgery. This may lower the risk of a blood clot developing after surgery. Should severe calf pain occur or significant swelling of calf and ankle, please call the doctor.
- Constipation: The use of narcotics can lead to constipation. Adequate hydration and over-the counter stool softeners can minimize constipation problems. You will also be given a prescription for a stool softener to assist with post operative constipation.
- Normal medications: Resume the day after surgery unless otherwise instructed.

*** If you have any other questions, or If you experience severe pain that is not relieved by the pain medication, please let us know. If you experience a temperature over 101.5[°], redness or swelling in your thigh or calf, please contact our office immediately at 775-786-3040, or if after hours, call and ask for the Orthopaedic Surgeon on-call.