



Sports Medicine Institute  
Dr. Palumbo

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### Post Operative Instructions for Hip Arthroscopy

1. Thank you for choosing OAA and Dr. Robert Palumbo.
2. Your first meal should be a light meal.
3. Use an ice bag over the hip for 20 minutes as often as you wish. Do not place ice directly on your skin. Use a thin, damp towel or cloth between the ice and skin.
4. Use crutches, putting less than 25% weight through your foot. Physical Therapy will guide you in the appropriate progression. Use both crutches for a minimum of 3 weeks. You can drop down to one crutch as Dr. Palumbo and PT stipulates.
5. Use the Post Operative Brace at all times, including sleeping, until your first Post-Op Office Visit. You may remove this brace for showering and exercising. The brace will be worn for a minimum of 3 weeks.
6. Elevate your leg frequently so that your ankle is higher than your knee and your knee is higher than your hip (i.e., lie down with your leg raised with pillows underneath the entire leg). Move your foot and ankle up and down frequently.
7. A prescription for pain medication has been provided to you. Use the medication as directed on the bottle. Please call to see if you can take Advil/Motrin (ibuprofen) or Aleve (Naproxen) if you still have pain and are not allergic to these medications. If the pain is mild, Tylenol, Advil or Aleve may be all that you need. If a LABRUM REPAIR was performed, DO NOT TAKE Advil/Motrin (Ibuprofen) or Aleve (Naproxen) because it may compromise bone to tissue healing.
8. You should also take Aspirin 81 mg daily for 4 weeks if you are not allergic to it.
9. The dressing may be removed after 24 hours. You may have had a physical therapy appointment arranged for the next day. The physical therapist will help you with the dressing change. The small incisions may leak/ooze for two days. Cover them with Band-Aids as needed.
10. You may shower 24-hours after surgery. Leave the Steri-Strips (if present) on and change any wet dressings. Do not swim or soak in a tub or whirlpool until after your first post-op office visit and Dr. Palumbo has given approval.
11. Activities:
  - A. Let pain be your guide to activity. Bend your knee when symptoms are decreased.
  - B. A small to moderate amount of swelling may be present post-operatively.
  - C. Do not use exercise machines unless specified by Dr. Palumbo or your physical therapist.
  - D. If you have a desk job with little physical activity, you may return to work if approved by Dr. Palumbo.
  - E. If your job requires excessive lifting, walking, and/or prolonged standing, your return to work date will be discussed during your first post-op office visit in the office.
12. You should have a post-op office appointment 7-14 days following your surgery. If you do not have an appointment, call the office on the next business day to arrange one.
13. If you develop a fever (101.5°F or higher), unexpected redness in your knee or extreme pain in your calf, please call the office at once.

Thank you for following the above instructions. If you have any questions, please call our office at (610) 973-6200 and ask for a member of Dr. Palumbo's team: Brian Kephart, PA-C, ATC or Casey Muthard, BS.