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**Hip Arthroscopy:  
Post-Operative Instructions**

- Fluid may leak from the incision sites over the first few days and the dressing may appear soaked with bloody fluid. If this happens please change the dressing as needed. This normally occurs after fluid irrigation during surgery.
- You may remove the Operative Dressing on Post-Op Day #2.
- **KEEP THE INCISIONS CLEAN AND DRY.**
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- Use Ice or the Cryocuff as often as possible for the first 3-4 days, then as needed for pain relief.
- You may shower on Post-Op Day #2. Please cover the incisions with waterproof bandaids, pat the incisions dry afterwards, and reapply fresh bandaids.
- Do not submerge the incisions under water (bath or pool) until instructed by your doctor.
- Please call to schedule a physical therapy appointment a few days after surgery.
- If you develop a fever (101°), redness or continued drainage from the surgical incision site (more than 4 days), please call our office.
- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.
- Medications:
  - **HETEROTOPIC BONE PROPHYLAXIS FOR THE 1<sup>ST</sup> 7 DAYS POST-OPERATIVELY:**
    - Indocin SR (indomethacin) 75 mg, 1 tab po with food, for 7 days only
    - Prilosec (omeprazole) 20 mg, 1 tab po, please take with empty stomach/or 1 hour before breakfast for 7 days only
  - **ANTI INFLAMMATORY:** *Begin after 7 days of Indocin.*
    - Naprosyn (naproxen) 500mg 1 tab 2 times a day
  - **PAIN MEDICINE:** as needed
    - Percocet or Vicodin 1-2 tablets taken as needed every 4 to 6 hours

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**

**PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES, OR DIFFICULTY USING ANTI- INFLAMMATORY MEDICATIONS OR ASPIRIN, OR HAVE A HISTORY OF ULCER DISEASE.**