

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## Postoperative Instructions

### Arthroscopic Labral Repair of the Hip

#### Dressings

- Dressings will be removed during your first physical therapy visit, or you may remove dressings 48-72 hours after surgery.
- Do NOT touch, remove, change or clean any Steri-Strips you may be wearing.
- Do NOT apply or use any ointments such as betadine, Neosporin or peroxide on the wound site.
- Apply bandages only if drainage occurs.

#### Bathing

- Once incisions are dry and no longer draining, you may get them wet in the shower. Do NOT get in bath water or a pool for 2 weeks, unless specifically instructed to do so.
- Avoid hot tubs, saunas/steam rooms and hot showers for 4 weeks-they can increase your swelling.

#### Stitches

- Visible stitches will be removed or clipped at your 2 –week follow-up visit.
- If you do not have visible sutures to remove, rest assured that they will dissolve under the skin.

#### Ice

- Ice your wound site for 20 minutes at a time, 4-5 times a day.
- NEVER place ice directly on your skin. Insulate the site with a towel. Icing helps decrease swelling and provides some pain relief.
- If your doctor has requested a cooling sleeve unit, you will be given instructions on its use before being discharged. Do not place the sleeve directly on your skin. Insulate the site with a towel.

**LUCAS G. TESKE, M.D.**

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## Swelling

- It is normal to see swelling and/or bruising around your incision for the first 2 weeks.
- Redness, heightened pain, increased temperature (101F or above) and/or abnormal drainage are NOT normal. Please call your doctor's office at once if you develop these conditions.

## Physical Therapy

You will have an appointment scheduled with Physical Therapy within 1-2 weeks after surgery

## Medications

- Please follow all instructions on the bottle.
- Do not drink alcohol while taking pain medication.
- Do not take additional Tylenol unless instructed to do so.
- If you have been given aspirin, do not take NSAIDs (advil, aleve, ibuprofen) while you are taking aspirin
- Do not drive while taking pain medication.
- ***If you have questions about your medications or if you need refills, please call before 3 p.m. Monday-Friday.***

## Specific Instructions for Hip Care

### Weight-bearing instructions

- Toe-touch weight-bearing, using crutches or walker, for 4 weeks

### Elevation

Elevate your leg several times a day and at night for 2 weeks. Place a pillow under the ankle/lower leg.

### Contact Numbers

- *Clarksville TOA: 931-552-4340*

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