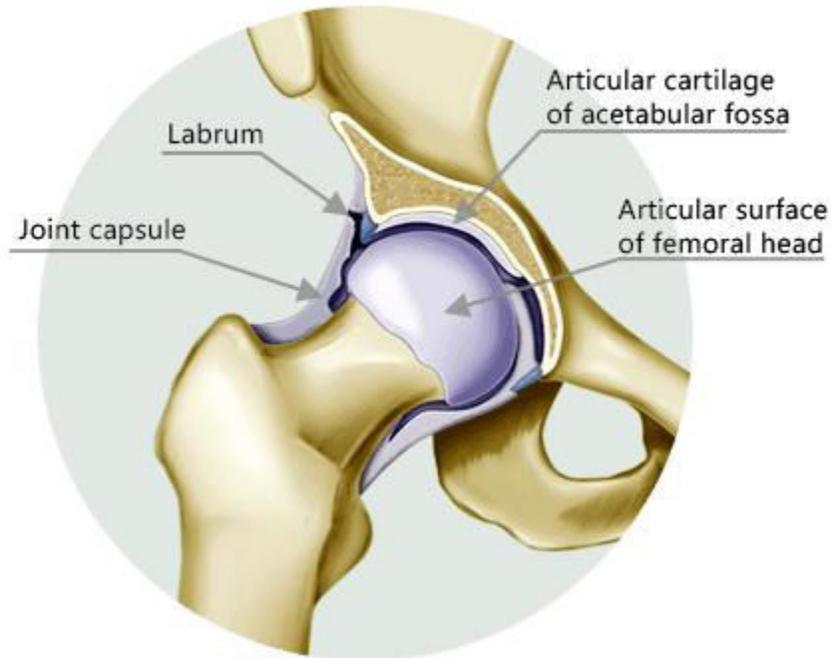


# BRANDON BARNDS, M.D.

Corporate Medical Plaza, Building 1  
10701 Nall Avenue, Suite 200  
Overland Park, KS 66211  
Office (913)381-5225

*If you have any questions or concerns, call Erin G, R.N. at 913-652-6462*

## Hip Arthroscopy Surgery



### **PRE-OPERATIVE INSTRUCTIONS**

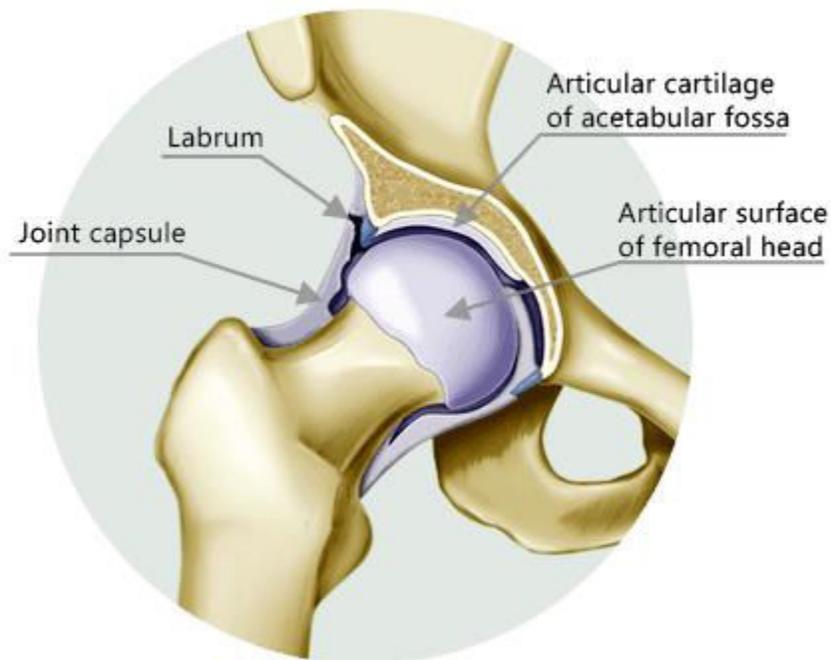
- ✓ **Do not eat or drink for 8 hours before surgery.** This includes chewing gum, candy, and mints. No smoking or use of tobacco products.
- ✓ You will need to obtain crutches if you don't already have them. Bring them with you the day of surgery.
- ✓ Stop all blood thinners 5 days prior to surgery, unless directed otherwise. If possible, stop anti-inflammatories 10 days in advance.
- ✓ Stop all herbal supplements 1 week prior to surgery.
- ✓ Plan to spend approximately 6-8 hours at the surgical facility.
- ✓ Arrange for someone to drive you home **and stay with you** through the night.
- ✓ If you don't already have a post-op appointment for 4-7 days after surgery, call the office to schedule one at 913-652-6462.

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## Hip Arthroscopy Surgery



## POST-OP INSTRUCTIONS

- ✓ To decrease swelling, elevate your leg above heart level whenever you can. Pointing and flexing your foot as well as doing ankle circles will help with swelling also.
- ✓ You may apply ice 20 minutes on followed by 60 minutes off for the first 48-72 hours for swelling and pain control. Keep the dressings dry.
- ✓ Keep the dressings in place and dry until your follow up appointment with Dr. Barnnds in 4-7 days. If you do not already have an appointment scheduled, please contact (913) 652-6462.
- ✓ Use your crutches for the first 3 weeks after surgery, you should be 50% flat foot partial weight bearing. Dr. Barnnds will instruct you if you should not be putting weight on your surgical leg.
- ✓ Use your brace locked from 30-75° for the first 3 weeks when you are walking.
- ✓ You are allowed to start working on range of motion from 0-90° for the first two weeks, and progress to 120° by week 3
- ✓ Avoid all hyperextension of the hip
- ✓ External Rotation: allowed as tolerated with the hip in 30-90° of flexion
- ✓ Internal rotation: allowed as tolerated from 0-90° of flexion

- ✓ Take the pain medication as needed. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.
- ✓ Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods the first 24 hours after surgery.
- ✓ Early motion is very important after hip arthroscopy surgery. Remember to do the range of motion exercises listed below as soon as you leave the recovery room and continue to do them 3 times per day until you see Dr. Barnds in the office.
- ✓ Avoid prolonged sitting at 90 ° of hip flexion for the first two weeks

## **EXERCISES FOR HIP REHABILITATION**

### 1. QUAD SETS

Tighten front thigh muscle (quadriceps) by trying to push the back of the knee to the floor. Repeat 25 times 3 times per day.



### 2. STRAIGHT LEG RAISES

Tighten your thigh muscle and lift your leg 8-12 inches. Hold 4-6 seconds. Slowly lower your leg. Repeat 10 times 3 times per day.



### 3. STATIONARY BIKE

With no resistance for 15 minutes up to 2x per day as tolerated