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DATE:

**Lowry's Post-Op Instructions**

**Hip Arthroscopy w/ Labral Repair &:**

- Chondroplasty
- Lig Teres Debridement
- Other:
- Loose/Foreign Body Removal

**Patient:**

1. Remove your dressings in 48 hours & shower only. Immediately dab your incisions dry, place medium band-aids & replace the compression stocking or ace wraps. Wear a pair of spandex bike shorts. This will help keep your incisions compressed & less likely to develop a hematoma (fluid collection that could cause wound complications or an infection).
2. Keep your foot elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your leg/ankle/foot. Remember: you can't elevate your foot too much & gravity is your enemy.
3. Please wear the provided compression stockings on your operative leg for at least three weeks after your surgery. This will help to prevent blood clots.
4. Place two properly sealed ice packs over your hip to help with the pain & swelling. Use them 2-3x/day x 45 minutes each use. ALWAYS have your hip covered with a towel so as to prevent any potential skin damage when using the ice packs.
5. I recommend you place a pillow under the knee of the operative side during sleep. This will flex-up the hip and help the joint capsule heal in a more stable position.
6. Use your crutches at all times when getting up & around. You can only place your foot on the ground for balance (toe-touch weight bearing) for 6 weeks. Placing weight too soon will damage the repair.
7. You will begin a formal physical therapy rehab program AFTER your first post-op visit.
8. Please make an appointment to see me in 14 days.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS