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DATE:

Dr. Lowry's Post-Op Instructions

Hip Arthroscopy with:

- | | | |
|----------------------|------------------------------|-------|
| ○ Labral Debridement | ○ Lig Teres Debridement | Left |
| ○ Chondroplasty | ○ Loose/Foreign Body Removal | Right |

Patient Name:

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 incision 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.
3. Please wear the provided compression stockings on your operative leg for at least three weeks after your surgery. Also, take the daily baby aspirin for 3-4 weeks. Along with daily activity, these 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. Stiffness is your enemy, so active & passive motion of the hip is the key. Please refer to the exercises provided in your post-operative packet or you can refer to my website for more details: www.jasonlowrymd.com/pdf/hip-conditioning-program.pdf. Progress as your pain dictates with walking & using crutches. Eventually, you can wean off of the crutches as your pain improves.
6. A referral for physical therapy will be provided at your first post-op visit.

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

Sincerely,

Dr. Jason K. Lowry, MD