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Orthopedics & Sports Medicine  
4 West Street  
West Hatfield, MA 01088  
413-586-8200

## Postoperative Instructions Arthroscopic Hip Surgery, Labral Repair

### 1. Medication

- Pain control – A prescription will be given to you with your discharge instructions. Take the medication as directed. Narcotic medications tend to slow the bowels. Colace is a stool softener that can be purchased over the counter and can be taken twice a day to help alleviate these symptoms.
- Blood clot prevention – A daily aspirin will help prevent blood clots in the leg. Take one regular aspirin (325mg) every morning for two weeks after surgery, if you are not allergic or prohibited by your regular doctor.
- Prevention of heterotopic ossification (presence of bone in soft tissue) – Take 2 Aleve in the morning and 2 in the evening for 21 days after surgery, unless otherwise instructed by your physician. If you have a sensitive stomach, Prilosec® may help. The over-the-counter strength is 20 mg, and one pill per day should suffice.

### 2. Wound care

- Apply ice to your hip and groin liberally (20 minutes on, 20 minutes off). This will alleviate the swelling.
- Do not bear any weight on the surgical leg.
- Make sure that you are comfortable using your crutches before you leave the hospital.
- You may remove your dressings and shower 48 hours after surgery. Replace bandages on all wounds for the following 2 days.
- Do not submerge (bath tub, pool, hot tub, etc.) your surgical wounds until after the stitches have been removed.
- Your stitches will be removed when you come in for your follow-up appointment in 10-14 days.

### 3. Follow-up appointment

Please call the office shortly after surgery to make a follow-up appointment for about 10-14 days after surgery. At this appointment, we will:

- review the surgery and discuss rehabilitation and activity restrictions.
- discuss your therapeutic goals and course.

### 4. Problems

If you have any urgent concerns or questions, please call the office. Your surgeon or the physician on call will get back to you as soon as possible.