

OPEN GLUTEUS MEDIUS REPAIR

Home Discharge Instructions for Patients:

- Take 10 deep breaths each hour.
- Get up and walk every hour, walk as much as possible/comfortable.
- **Use walker or crutches at all times. You may place ONLY 20 pounds of weight on the operative extremity for 6-8 weeks after surgery.**
- Keep **hip brace in place at all times** except for when showering.
- You may begin showering 3 days after surgery. Remove the external hip bandage before showering, then shower like normal and pat the wound dry when finished. You may place a fresh bandage over the incision or leave the incision open to air. Allow the clear dressing or steri-strips to fall off on their own.
- Do not take a bath, swim, or submerge the incision until instructed.
- Ice and elevate the operative extremity as much as possible throughout the day. You may place ice on the hip and thigh in 20 minute intervals.
- A home health nurse will visit you in your home. Please share the instructions below.
- A home physical therapist will also visit you in your home for the first 1-2 weeks after surgery. Your therapist will help guide you with safe mobility while at home.

Instructions for Home Health Nurse:

- See patient as ordered by American Hip Institute Physician for the first week PO. Check vital signs and incision at each visit.
- Remind patient to use anti-embolism stockings for 4 weeks. These can be removed daily for showering and to inspect skin.
- Instruct patient on incision care and pain management.
- Patient may shower as noted above 3 days after surgery. Remove silver dressing prior to shower. A new dressing may be replaced after showering, or the wound may be left open to air.
- Please allow Prenio dressing or steri-strips to fall off on their own.

Instructions for Home Physical Therapy:

- 3 PT sessions per week for 1-2 weeks PO – as indicated by Dr. Domb.
- Restrictions as follows for gluteus medius repair: 20# FFWB x 6-8 weeks. No active abduction. Brace in place at all times except showering.
- May obtain a rolling walker, raised toilet seat and/or any other assistive device, if needed.
- Instruct on hip precautions and home safety.
- Increase mobility with gait training, transfers, and stair climbing.

Instructions for Skilled Nursing Facility or Rehabilitation Facility:

- Physical therapy twice daily & Occupational therapy once daily.
- ONLY 20# flat foot weight bearing on operative extremity for 6-8 weeks after surgery.
- Hip brace to be in place at all times except for showering.
- Anti-embolism stockings are to be worn for 4 weeks.
- Instruct patient on incision care, pain management, and hip precautions.
- Patient may shower as noted above 3 days after surgery. Remove silver dressing prior to shower. A new dressing may be replaced after showering, or the wound may be left open to air.
- Please allow Prenio dressing or steri-strips to fall off on their own.
- Patient should return to the American Hip Institute for an incision check at day 10-14 after surgery. This appointment has been scheduled.

THERE MAY BE EXCEPTIONS TO ESTABLISHED PROTOCOL. CHECK
WITH PATIENT DISCHARGE ORDERS AND EMAIL
INFO@AMERICANHIPINSTITUTE.COM OR CALL
(833) USA-HIPS (833-872-4477) IF CLARIFICATION IS NEEDED.