

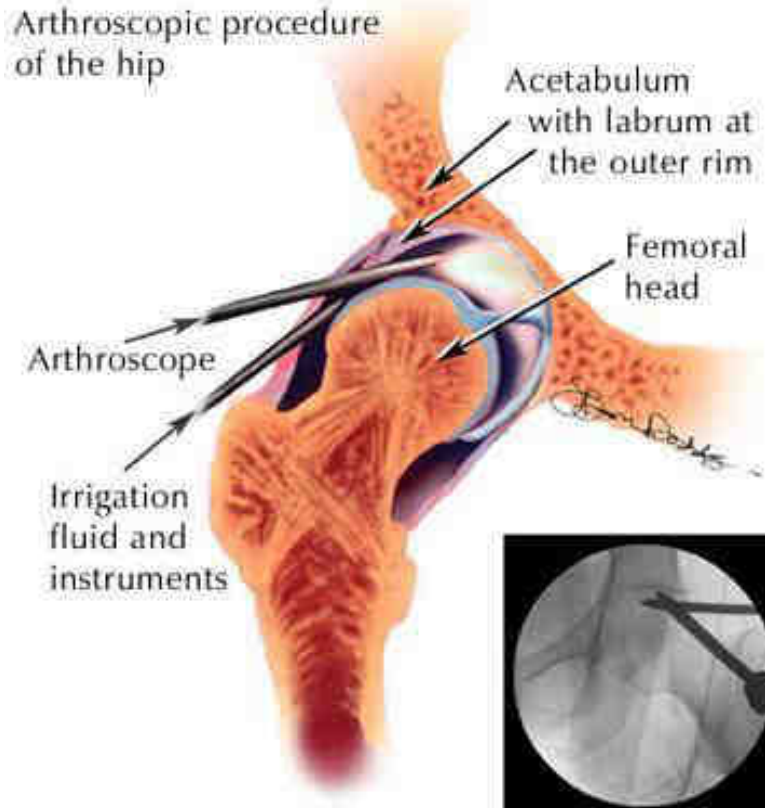


AMERICAN HIP INSTITUTE  
& ORTHOPEDIC SPECIALISTS

WWW.AMERICANHIPINSTITUTE.ORG

**Please bring this booklet to your pre-operative appointment**

# *American Hip Institute's Guide to Hip Arthroscopy*



999 E. TOUHY AVE. SUITE 450  
DESPLAINES, 60018

9615 KEILMAN ST.  
ST. JOHN, IN 46373

(833) USA-HIPS

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**Date of Surgery:**  
**Location of Surgery:**

*North Shore Surgical Suites  
8400 Lakeview Pkwy  
Pleasant Prairie, WI  
(262) 455-7548*

*Munster Specialty Surgery Center  
9200 Calumet Avenue, Ste 100  
Munster, IN 46321  
(219) 595-0789*

*St. Alexius Medical Center  
1555 Barrington Road  
Hoffman Estates, IL 60169  
(847) 843-2000*

*Lutheran General Hospital  
1775 Dempster Street  
Park Ridge, IL 60068  
847-723-2210*

Your testing and clearance must be performed within **30 days of your surgery date**. Please have all results faxed to 630.323.5625.

Your **pre-operative appointment** on \_\_\_\_\_ at \_\_\_\_\_ will be at our office in DesPlaines. At this appointment you meet with a Nurse Practitioner or Physician Assistant to receive medical clearance for your upcoming surgery. You will then be seen by our physical therapists to be fitted for your hip brace, and provided a walker or crutches if needed.

Your **post-operative appointment** on \_\_\_\_\_ at \_\_\_\_\_ will be at our office in DesPlaines with a Nurse Practitioner or Physician Assistant.

Please be sure to assign yourself a Surgical Coach. A Surgical Coach is the person who should help you throughout the care process. You will be provided with a vast amount of information regarding your surgical procedure and recovery. Your Surgical Coach will serve as additional support throughout this process.

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You are entering a mutual relationship in which we are committed to improving the quality of your life. This booklet was developed as a resource and teaching tool pertaining to your procedure.

An important part of your recovery is your commitment to the care and rehabilitation of your improved hip. We understand that the preparation and recovery process can be challenging and we encourage you to read through this packet and highlight questions or notes that you would like to discuss with the staff.

Please bring this booklet to your pre-operative appointment so we can review with you.

Thank you for allowing us to take part in your health care needs.

You will have a dedicated team helping you through the surgery process. The team consists of your surgeon, a Nurse Practitioner, Physician's Assistant, Surgery Scheduler, Insurance Coordinator, and Administrative Assistant. If you need to reach any member of your surgical team, please call our office at (833)USA-HIPS.

### Pre-Surgical Checklist

In order for your surgical experience to proceed smoothly, each of the following items **must be completed prior** to the day of your procedure.

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- ☐ Please have all physical therapy records, relating to the surgical hip, from the last year faxed to our office at 630.323.5625.
  - ☐ Requests for Work/ School notes or FMLA paperwork should be faxed to our office at 630.323.5625: As soon as your paperwork is received there will be a 7-10 business day turn-around.
  - ☐ Complete Preoperative Lab Tests: If lab testing is not completed at our facility, you will be given an order to complete your lab testing at any location that is most convenient for you. Please have all results faxed to our office at 630-323-5625.
    - ☐ Blood Work
    - ☐ EKG (if requested or 50 years or older)
    - ☐ Chest x-ray (if requested)
    - ☐ Additional testing if necessary or recommended by your primary care physician
  - ☐ Letter of medical clearance from primary care physician and specialists (Cardiologist, rheumatologist, hematologist, etc., if currently under their care). Please have and medical clearance and office notes for medical clearance visits faxed to our office at 630-323-5625.
  - ☐ Attend your pre-operative appointment: If your preoperative labs are performed by our staff, we will fax results to your primary care physician and or any specialists for review. You will also receive your brace and crutches/ walker (if needed) at this appointment with our office.
    - ☐ If you would like a handicap placard application, one can be provided to you at this appointment.
    - ☐ One week before surgery it is necessary to stop taking the following medicines unless otherwise directed by your medical physician:
      - ☐ All anti-inflammatory medicines: (Aleve, Advil, Motrin, Ibuprofen, Voltaren, Naprosyn, Celebrex, etc.)
      - ☐ Nutritional supplements: (Vitamin E, Ginseng, Ginko Biloba, Garlic, Ginger, etc.)
    - ☐ Consult with your prescribing physician for the appropriate and safe discontinuation of any medication before surgery, particularly:
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- ☐ **Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox and/or any other blood thinning medications:** These medications need to be safely discontinued at very specific times before surgery. Some medical conditions can be life threatening if these medicines are stopped without appropriate timing and precautions.
  - ☐ Rheumatologic medicines such as **Enbrel and Humira:** Discuss with your Rheumatologist as some of these medications need to be discontinued one month prior to surgery
  - ☐ **Complete your CT Scan:** A CT scan is required 90 days before surgery for all hip arthroscopies. These images are used to plan for your individual surgical case. You will be provided with an order, or one will be sent directly to the facility for your scan and then you can schedule an appointment at your convenience with **Bright Light Medical Imaging, phone number: 847-439-2315.**
  - ☐ **Discontinue use of nicotine and alcohol:** It is the American Hip Institute's policy that all patients remain nicotine and alcohol free for at least 1 month prior to surgery and abstain from nicotine and alcohol for at least 3 months after surgery. Patient's may be subject to testing to ensure compliance with the above policy.
  - ☐ **Secure CPM or stationary bike for postoperative use**
  - ☐ **Arrange for transportation for the day of surgery:** You will not be permitted to drive yourself. Your surgery will be cancelled if this is not arranged. Each surgical center offers transportation at no additional cost as long as you can bring someone above the age of 18 to accompany you. Please let your clinical concierge know if you would like to get transportation for the day of surgery.
  - ☐ **Schedule your first physical therapy session:** For most surgeries, post-operative physical therapy will begin the day after surgery, unless otherwise advised by your surgeon. Please schedule your appointments and arrange the necessary transportation. Your physical therapy prescription will be provided to you on the day of surgery. Please note that AHI does offer physical therapy in our office, should you wish to schedule an appointment please call our office at (833)872-4477. Please take your physical therapy prescription and protocol to your first therapy session.
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- ❑ Complete your pre-surgical questionnaire online: You will receive an email with a personalized link to your questionnaire. This will help us track your personal improvement post-operatively in order to provide you with the highest quality care. (See: Clinical Outcomes Program)

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## Day before Surgery

- Do not eat or drink anything after midnight before your surgery, unless instructed otherwise: This information will be provided to you during your pre-operative phone call from the surgical center. Your stomach needs to be empty for surgery. You will be instructed as to which of your medications can be taken on the morning of your surgery with small sips of water only. If you are diabetic, do not take any oral medication for your diabetes unless otherwise instructed by your medical physician.
- A Registered Nurse will call you one day prior to surgery: (Friday for a Monday procedure) sometime between 3-7pm to inform you of your arrival time at the surgery center or hospital and to answer any additional questions.
- Shower with Hibiclens© antibacterial soap the night before and the morning of your surgery. Hibiclens can be purchased as an over the counter item at your local pharmacy.
  - Avoid using Hibiclens on the face, genitals or mucous membranes.
  - You may use regular shampoo and conditioner on your hair.
  - Do not use lotions, powders or deodorant after cleansing with Hibiclens.
  - If you have any allergies or sensitivities to soaps, you may use your own soap. Please discuss with your health care team at your pre-operative visit.
  - Do not shave near the area of your surgery for 3 days prior to the procedure.
  - Follow your normal oral care routine.
  - DO NOT wear make-up or nail polish the day of surgery.
  - Use clean towels and bedding before and after the procedure.

## Day of Surgery

Your surgical team will consist of; your surgeon, a nurse practitioner, physician assistant, anesthesiologists, registered surgical nurses, and physical therapists. Each individual is important in your care and will provide their expertise to give the best surgical and rehabilitative experience.

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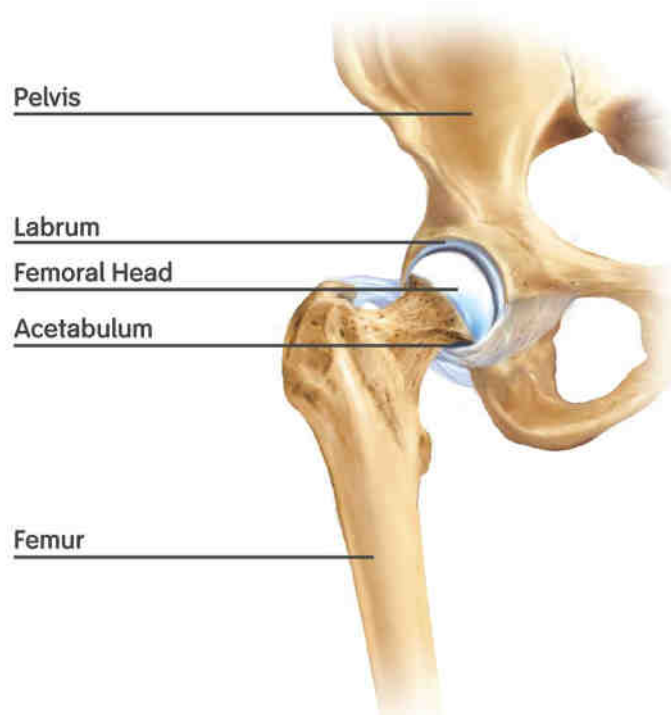
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- Do not eat or drink anything unless instructed otherwise
  - Please bring your hip brace and crutches with you to your surgical location.
  - Dress comfortably
    - Staff will guide you to the pre-operative unit. Here you will be asked to change into a gown and be prepared for surgery.
    - The site of surgery will be shaved and prepped.
    - You will need to remove contact lenses. Please bring glasses if needed.
    - Any dentures or partials will need to be removed.
    - Alert the RN of any allergies that you may have (penicillin, latex, iodine/shellfish)
    - An IV will be inserted for access, fluids, antibiotics and medications. You will be given a cocktail of medications preoperatively to minimize pain and inflammation.
    - Family members or your designated contact person will be directed to the waiting room to remain during your surgery. Family can expect one of our team members to come speak with them approximately 2 hours after the start of surgery.
  - The Anesthesiologist will review your medical history and explain the methods for anesthesia and the risks and benefits involved.
  - You will be seen by your surgeon prior to transfer to the operating room to answer any last-minute questions and have the surgical site signed off.
  - Staff will bring you to the operating room. You will be asked to position yourself on the operating room table. The surgical team will adjust your position, provide warming blankets, check that you are comfortable, and ensure all body parts are safely positioned and well-padded.
  - After surgery is completed you will be taken to the recovery room by the anesthesiologist and the nurses.
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- In the recovery room, an experienced recovery room nurse will closely monitor you.
  - As you wake up from the anesthesia, you will be transferred to a private second phase recovery room where your family or designated person will be able to see you.
  - Depending on your surgical procedure, you will either be discharged to home by the anesthesiologist or admitted to the hospital for further evaluation if medically indicated.

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## How the Hip Works

The hip joint is a “ball and socket” joint. The “ball” is known anatomically as the femoral head; the “socket” is the part of the pelvis known as the acetabulum. Both the femoral head and the acetabulum are coated with articular cartilage. Like all joints, the hip has synovial (joint) fluid, which allows for smooth, painless movement within the hip joint.



The **labrum** of the hip, similar to that of the shoulder, is a ring of rubbery fibrocartilage around the rim of the acetabulum, which deepens the hip socket and acts as the suction seal of the hip joint. The intact labrum seals the lubricating fluid within the hip and contributes to stability of the joint. One of the most common causes of hip pain involves damage to the labrum.

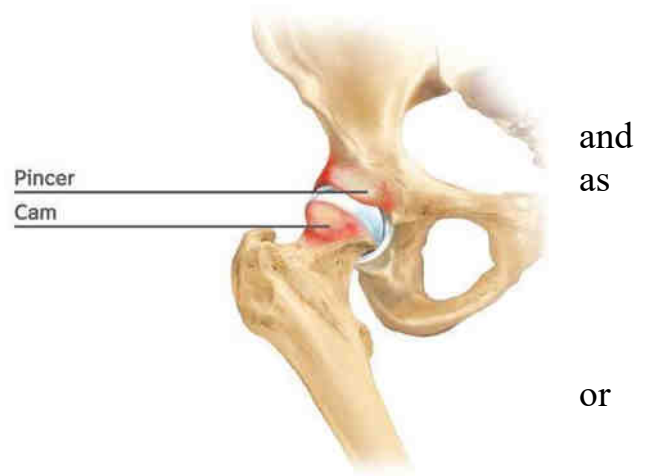
## Femoro-acetabular Impingement (FAI) & Labral Tears

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Femoro-acetabular Impingement (FAI) is a common generator of pain in the hip. Impingement can lead to labral tears and eventually the advancement of arthritis. Impingement is most commonly described as anatomic bony variability of the acetabulum (socket) and femur (leg bone) that causes the two bones to rub against each other during certain hip motions.

There are two distinct forms of hip impingement; over-coverage of a socket, known as Pincer impingement a non-spherical femoral head, known as Cam impingement. During hip motion, either during sports or with daily activities, the non-spherical femoral head and socket can rub against each other and cause pinching entrapment of the labrum, often resulting in a labral tear.



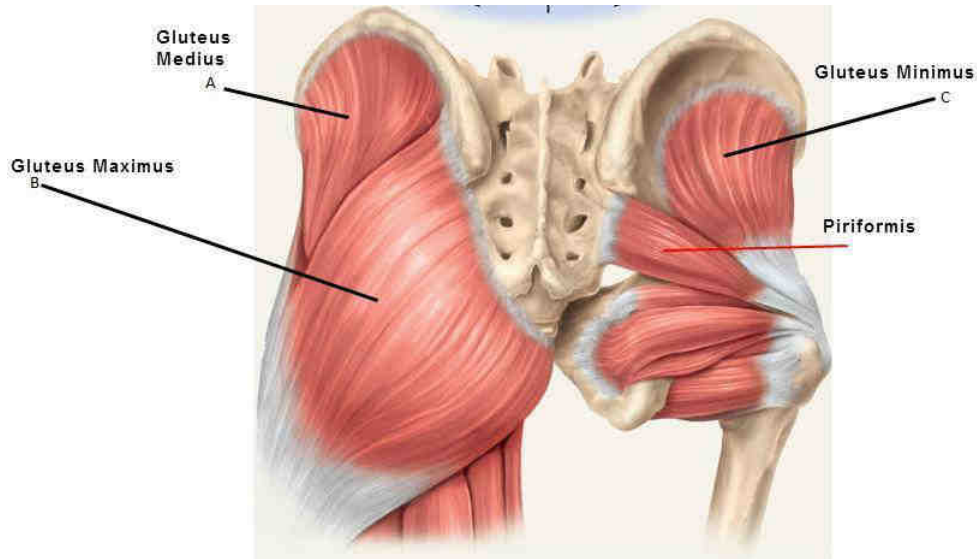
When the labrum is torn, the hip's suction seal is disrupted and the joint loses its lubrication and stability. This can compromise the articular cartilage and can lead to arthritis over time.

Labral tears can be repaired arthroscopically. When repairing a labral tear, the mechanical (bony) impingement must also be addressed in order to make sure the damage does not recur.

Arthroscopic treatment involves trimming the overcoverage of the acetabular rim, known as an acetabuloplasty. Shaving down the bump on the femoral neck (Cam), is known as a femoroplasty and involves re-shaping the femoral head to restore its spherical contour. Both of these procedures help the ball-and-socket joint to move in all directions without impingement.

## **Gluteus Medius Tears**

The gluteus medius is a muscle on the outside of the hip, which is important for abduction (lateral movement away from the body). This muscle helps one stand up-right and walk without a limp.



Gluteus medius tears, also known as the rotator cuff tear of the hip, involve tearing of the gluteus medius muscle from its attachment

to the greater trochanter, commonly known as the “lateral hip bone”. Gluteus medius tears may cause persistent pain mimicking trochanteric bursitis. They may also cause weakness and limping.

When physical therapy and injections in the trochanteric bursa do not provide lasting relief, the diagnosis of gluteus medius tear should be suspected. In many cases, a torn gluteus medius can be repaired arthroscopically by sewing the torn part of the gluteus medius tendon back to the bone using tiny suture-anchors. This procedure has a high success rate in treating pain and may restore strength to the gluteus medius muscle.

If the tear is too large, an open gluteus medius repair may be undertaken. Similar anchors are used to stabilize the repair or the tendon to the bone. In rare cases where the gluteus medius is weakened, the gluteus maximus muscle may be transferred, restoring the strength and function to the hip abductors.

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## Clinical Outcomes Program

As part of our commitment to provide you with the highest quality of care, the American Hip Institute has established a Clinical Outcomes Program.

### What are clinical outcomes?

- Clinical outcomes measure the result of a treatment plan or surgical intervention.
- In orthopaedics, we track your progress by concentrating on your level of pain, how well you're moving, and your overall quality of life as a result from our care.

### Why is the Clinical Outcomes Program important?

- Our goal is to provide exceptional orthopaedic care to all of our patients. Tracking clinical outcomes allows us to measure the quality of care tailored to each individual. It is an evidence-based process that gives us insight into which factors affect outcomes and why some patients have better long-term results than others.
- The payers of healthcare services (e.g. insurance companies) are requesting this information and we need to comply with such reporting requirements.

### How does this involve me as a patient?

- You will periodically receive automatic reminders (with a link) asking you to complete brief questionnaires for progress updates.
- Your doctor wants you to complete these questionnaires promptly when received. Your timely response is very important and helps your doctor to track your results and progress over the short and longer term.

### What do I need to do to participate?

- It is essential that we have your correct contact information (i.e. current email address and mobile number).
- By providing your contact information, you are consenting to receive messages regarding your healthcare information and other healthcare-related services at the email address and/or mobile number(s) provided.
- You may revoke your consent at any time by unsubscribing via text, modifying your settings in your user account, or by notifying your doctor in writing.
- By providing your mobile number, you may be charged for text messages by your wireless carrier.
- In a medical emergency, you should not email or text; you should call 911 immediately.

### How secure is my information?

- We follow all federal guidelines for patient privacy. All patient information is protected in accordance with HIPAA electronic data storage on secure servers. Your contact information will never be shared or used for any reason other than the purpose of maintaining our relationship with you regarding your health care. Your contact information is not stored in a file that contains confidential identifiers, such as your Social Security number. You will never receive requests for your Social Security number or other personal information related to your identity. Your contact information is not linked to personal information.

## Immediate Post-Operative Care

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When the anesthesiologist and the recovery room nurse have determined it is safe for you to be discharged home, the nurses will go over a series of instructions and materials to ensure you are prepared for the next step in your recovery.

Pain medicine prescription and directions for usage will be provided following surgery.

**Pain Medications:**

- Norco – take as needed. This is a narcotic pain medication.
- Take as directed and do not take additional Tylenol/ acetaminophen while taking this medication.
- Do not mix pain medicine with alcohol or other sedating drugs.
- You are not allowed to drive while taking pain medication.

**Anticoagulation:**

- Aspirin 325mg – Take 2 times per day for one month. This is NOT to be taken for those under 18 years old.

**Anti-inflammatory – Heterotopic ossification prevention:**

- Naprosyn 500mg – Take 2 times per day for 6 weeks. Do not combine with other anti-inflammatory medications. To be taken concurrently with aspirin in those over 18 years of age.

**Digestive Medications:**

- Prilosec 20mg – Take 1 time per day for 6 weeks. This is sold over the counter.
- Colace – Take 3 times per day for the first five days to help with postoperative digestion and constipation.

### Anti-Inflammatory Medication

Anti-inflammatory medications are a time-released medicine. It is important to take them consistently and at the same time each day. Less than 4% of the population experience side effects from anti-inflammatory medications. If you currently have a history of gastrointestinal

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ulcers or other medical conditions, it is imperative that you consult with your physician prior to taking any anti-inflammatory medications.

To increase pain control, you may take Tylenol with your anti-inflammatory medicine. DO NOT take aspirin-based pain medication, or nonsteroidal NSAIDs such as Aleve, or Motrin. If you have any questions or concerns, please feel free to contact our office.

Here are some possible side effects to watch for:

- Upset Stomach: This is the most common side effect. Taking NSAIDs with food or after consuming food can dramatically reduce the possibility of an upset stomach.
- Loose Stools: If this side effect occurs it should subside in a few days. If it does not, please call the office. It is possible to become dehydrated from loose stool, make sure you are drinking plenty of fluids.
- Light-Headedness: If this symptom occurs, do not operate vehicles or operate any kind of machinery.
- Stop taking the medication if any of the following occur and contact the office immediately:
  - Blood in Stools
  - Fluid Retention: If you notice any edema (swelling of the extremities, hands, or feet)
  - Skin Rash/Itching

#### Medication Questions & Refill Requests:

- You may contact your Pharmacist or call our team at (833)USA-HIPS.
- Please call your pharmacy and ask them to fax a refill request to: (630) 323-5625

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- Refills are authorized Monday – Friday, 8am-4 pm and may take up to 48 hours to be authorized.
  - Narcotic medications, such as Norco, cannot be called into a pharmacy and must be written or printed out and picked up at the office. This is a state law and there are no exceptions. Please plan accordingly.
  - Please note: A limited amount of pain medication can be dispensed through our office due to some state and insurance guidelines. You will be issued a prescription for pain medication and 1 refill. If you exceed the allotted refill amount, you must schedule an appointment and obtain your medication from a Pain Management Specialist or your Primary Care Physician.
  - If you are having a medical emergency (such as trouble breathing, chest pain, etc.) call 911!

### At Home Following Your Surgery

It is common to have the following reactions after surgery:

- Low-grade fever ( $<100.5^{\circ}\text{F}$ ) for about a week
- Small amount of blood or fluid leaking from the surgical site
- Bruising, swelling & discoloration in the involved limb or adjacent areas of the body
- Mild numbness surrounding the wound site, possibly for 6-9 months

The following **reactions are abnormal**. If you should have any of the following symptoms, please contact our office or go to the nearest emergency room:

- Fever  $> 100.5^{\circ}\text{F}$
  - Progressively increasing pain
  - Excessive bleeding
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- Persistent nausea and vomiting
  - Excessive dizziness
  - Persistent headache
  - Red, swollen, oozing incision sites

The following **reactions may require emergent intervention** or a visit to the Emergency Room:

- Chest Pain
- Shortness of breath
- Fainting or Loss of Consciousness
- Persistent Fevers > 100.5° F
- Weakness, Numbness, Inhibition of motor skills in the operative extremity
- Red, swollen, or painful calf and/or increased numbness or tingling in your foot

For urgent after hour questions please call 833-USA-HIPS  
to reach the doctor on call.

#### Pain Management:

- Take pain medications only as needed and with food.
- Tylenol (Acetaminophen) may be used instead of your narcotic medication.
- Discontinue the use of narcotic pain medications as soon as possible.
- Elevate your operative extremity throughout the day to aid with pain and swelling.

Constipation: This is a common side effect from pain medications.

To avoid constipation;

- Drink plenty of fluids (water is preferred)
- Use a stool softener, such as Colace, while taking pain medicines. A prescription for Colace will be provided at your preoperative appointment.
- Take a laxative like Dulcolax, or Milk of Magnesia, as needed.

- Eat a high fiber diet full of fruits and vegetables.

### Cold Therapy:

- Ice packs will be needed for post-operative care.
- You will begin to ice immediately postoperatively. You should ice several times throughout the day (at least 4 times per day), for no longer than 20 minutes at a time. Do not ice while sleeping.
- Use a towel or pillowcase to prevent the ice pack from directly touching skin.
- Check the treated area after each session, as temporary numbness following surgery may result in a decreased ability to detect dangerously cold temperatures.

### Brace instructions:

- You will wear your brace at all times (sleeping included) except for physical therapy, showering, and while using the CPM or stationary bike.
- The brace will be used anywhere from 2 – 8 weeks after surgery and will depend on which procedures are performed.

### Continuous Passive Motion (CPM) / Stationary Bike:

- A CPM machine will be used for 4 hours a day, 7 days a week, for a total of 8 weeks.
- MedWest will contact you at the number you have provided to us to coordinate delivery and set-up in your home the day before your surgery. The machine will be set for 120° of knee flexion, which is equivalent to 90° of hip flexion.
- A stationary bike (upright or recumbent) may be used instead of the CPM. If using a stationary bike, you will use it for 2 hours a day at zero resistance, 7 days a week. The seat of the bike should be high enough so the angle between waist and thigh does not go beyond 90°.
- You should NOT use the bike or CPM for the 2-4 hours consecutively. Make sure to break this exercise up throughout the day whenever it is convenient for you.

### Hip CPM Protocol

The CPM machine is used to provide gentle range of motion to your hip after hip surgery. This can help prevent stiffness and excess scar tissue deep within the hip joint.

### Instructions:

- Begin use the day after surgery.

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- Remove your hip brace while using the CPM machine.
  - Begin with the machine set at 70 degrees of flexion.
  - Increase flexion by 6-8 degrees per day, as your hip tolerates.
  - The goal is to reach 120 degrees of flexion on the machine, this brings the hip to 90 degrees of flexion.
  - Use 4 hours per day in 30-60 minute increments, as your hip tolerates.
  - Use for a total of 8 weeks postoperatively.

### Weight Bearing Instructions

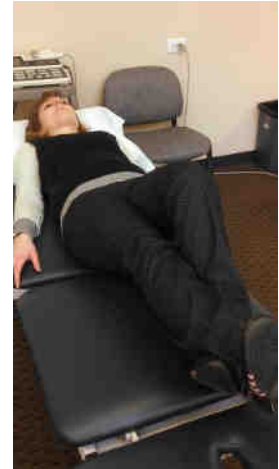
#### ***Weight Bearing Instructions:***

- For at least the first two weeks of your recovery, you will be 20 lbs flat foot weight bearing, which means you will be placing 20 lbs of pressure on your hip.
- Walk with crutches at all times.

**\*\*This is subject to change depending on procedures performed and you may be on crutches up to a maximum of 8 weeks\*\***

#### ***Transferring from sitting to lying with assistance from your non-surgical leg:***

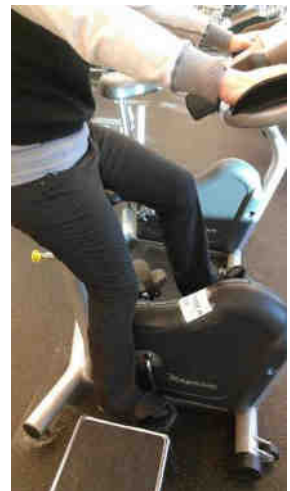
In the pictures below, the right leg is the surgical leg. While sitting on the edge of your bed, with no weight on your feet, hook the left foot behind the calf/ankle of your right leg. Use the left leg to assist in raising the right leg up while you pivot your body to be in a position to lie down. As you pivot you may use your arms to help lie yourself down. When your leg is supported by the bed you may take the left foot out from behind your leg.



(This may also be used when moving around in the bed to avoid over activating the hip musculature.)

### ***How to get on/off a bike:***

In these pictures, the right leg is the surgical leg. First have a step placed near the bike to assist with getting on and off. It should be placed on the same side as you are having surgery (note that above it is on the right side of the bike). Approach the step, and using the same instructions as taught for going up stairs, put your good foot on the step first. Rise up onto the step fully, and then rest your crutches on the front of the bike so that you can reach them when needed. Use the seat of the bike and handlebars to help with the rest of the transfer. Pivot to sit your butt on the seat while facing sideways (as shown above). While using your arms on the handle bars to stabilize yourself pivot to face forward while swinging your non-surgical leg (left leg in pictures above) over the midline of the bike. Next place your right foot (surgical leg) on the pedal, but make sure it is near the down position when doing this. Lastly place your left foot (non-surgical) on the pedal, and you are ready to start biking!



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## **Incision and Wound Care**

### **Initial Wound:**

- You may shower on day 3 after surgery. See proper cleaning instructions below.
- Remove the dressing on day 3 after surgery.
  - ☐ Apply dressings as needed to incision sites (Band-Aids or dry gauze dressings).
  - ☐ Do not use bacitracin or other ointments on the incisions.
- Sutures
  - ☐ These will be removed at your 2 week postoperative office visit.

### **Caring for Your Incision:**

- ✓ Watch for signs of infection, which can include redness, pain, drainage, or foul odor. If you see any of these signs, please call our office at (833) USA-HIPS.
- ✓ If you feel warm or feverish, take your temperature – call our office for temperatures > 100.5° F.
- ✓ Beginning day 3 after surgery, wash your incision with gentle soap and water. Pat dry. Avoid rubbing the incisions or applying lotions.
- ✓ Do not soak your hip in water by bathing or swimming for at least 4 weeks after surgery, or until the incisions have fully healed.

## **Blood Clot Prevention**

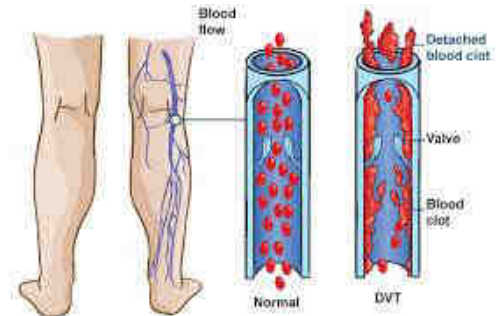
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Blood clots are the most common complication after orthopedic surgery, but there are several things we can do to help decrease your risk. This page discusses what a blood clot is, signs and symptoms and what you can do to help prevent.

## What is a Blood Clot?

A blood clot is a thick mass formed in the blood to stop bleeding; if formed when not needed, a blood clot can cause a heart attack, stroke, or other serious medical problem. It is important to follow the preventative instructions to make sure that limit your risk of developing a blood clot.



you

## What are Signs of Blood Clot?

*If you experience chest pain, difficulty breathing or severe headache call 911 immediately as these could be signs that a blood clot has broken off and traveled to other parts of your body.*

### *Symptoms to look for in your lower legs:*

- ✓ Redness
- ✓ Pain
- ✓ Warmth
- ✓ Swelling

## What Steps Can I Take to Help Decrease My Blood Clot Risk?

- ✓ Stay mobile and avoid long bouts of sitting or lying in bed.
- ✓ Perform ankle pumps every hour while at rest (at least 30 reps).

- 
- ✓ Wear your compression stocking or TED hose as directed after surgery. ***These will be provided to you on the day of surgery.***
    - Wear TED hose daily. You may remove the TED hose for showering and leave off for 1 – 2 hours. These should be reapplied. Use while sleeping.
    - Wash stockings as needed.
    - Check your skin under stockings daily.

There are several medications to help prevent blood clots. These medications are also called blood thinners or anticoagulants. These medicines will be used for 4 weeks after surgery. You may notice that you bruise more easily when using this medicine. Your health care team will discuss the best medication options for you for use after surgery.

### **Medications We Use to Help Prevent Blood Clots Include:**

- ✓ Aspirin
- ✓ Lovenox: For some select patients. This will be discussed at your preoperative office visit.
- ✓ Xarelto: For some select patients. This will be discussed at your preoperative office visit.

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## Traveling

### Driving:

You are not allowed to drive while taking pain medications. Most patients are able to drive after discontinuation of the brace and when released to full weight bearing. **Driving will be further discussed at your postoperative visit.**

- ✓ Contact your health care team at (833) USA-HIPS if you have questions about your ability to drive.
- ✓ You can apply for a temporary, six-month handicap sticker from the State of Illinois. You will need the DMV application form which the team can assist you with. **Please request this form prior to your surgery, as a health care provider's signature is needed on the form.** The application can then be taken to the DMV.

### Flying:

You are able to fly; however, you must avoid sitting for long periods of time.

- ✓ If you do fly, make sure you stand up and move around the cabin often and as able according to your flight crew. It is also a good idea to do ankle pumps while sitting in your seat.
- ✓ **For airplane travel within six weeks after your surgery, please notify our staff. We will prescribe a dose of medication needed for safer travel.**

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## Going Back to Work

Returning to work is different for each individual as it depends on your recovery process and the type of work you perform. Discuss your job tasks and responsibilities with your healthcare team so you can start talking with your employer about returning to work before surgery. Make sure you provide time for going to outpatient physical therapy.

### Return to Work Low to Medium Demand:

Sitting:	1 – 3 weeks after surgery
Combination sitting/standing:	1 – 4 weeks after surgery
Standing:	1 – 4 weeks after surgery
High demand/heavy labor:	To be determined by healthcare team

## Family Medical Leave Act (FMLA) Paperwork

Many patients require completion of FMLA paperwork for their job. As this paperwork is long, please allow 7 – 10 days for completion.

- ☐ Please submit paperwork prior to your preoperative appointment.
  - ☐ Fax to: (630) 323-5625.
- ☐ Make sure your paperwork indicates your name and date of birth and includes a job description, which details specific tasks related to physical demands.



***Please request the appropriate off / return to work and/or school notes at your pre and postoperative appointments.***

## Further Reading

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  11. Voos JE, Shindle MK, Pruett A, Asnis PD, Kelly BT. Endoscopic repair of gluteus medius tendon tears of the hip. *Am J Sports Med*. 2009 Apr;37(4):743-7.
  12. Philippon MJ. New frontiers in hip arthroscopy: the role of arthroscopic hip labral repair and capsulorrhaphy in the treatment of hip disorders. *Instr Course Lect*. 2006;55:309-16.
  13. Dagher F, Ghanem I, Abiad R, Haykal G, Kharrat K, Phares A. [Bernese periacetabular osteotomy for the treatment of the degenerative dysplastic hip]. *Rev Chir Orthop Reparatrice Appar Mot*. 2003 Apr;89(2):125-33.
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14. Karashima H, Naito M, Shiramizu K, Kiyama T, Maeyama A. A Periacetabular Osteotomy for the Treatment of Severe Dysplastic Hips. *Clin Orthop Relat Res*. 2010 Oct 9
  15. Martin HD, Shears SA, Johnson JC, Smathers AM, Palmer IJ. The endoscopic treatment of sciatic nerve entrapment/deep gluteal syndrome. *Arthroscopy*. 2011 Feb;27(2):172-81.
  16. Matsuda DK. Endoscopic Pubic Symphysectomy for Reclacitrant Osteitis Pubis Associated with Bilateral Femoroacetabular Impingement. *Orthopedics*. 2010 Mar 10:199-203.
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## **If you're happy, spread the word!**

### **Review our team**

#### **1. GOOGLE +**

- a. Sign into Google (Gmail) account
- b. Click on the small pencil to write a review
- c. Follow instructions to create a public google + account if necessary
- d. Select number or stars
- e. Insert review in the box
- f. Select publish

#### **2. YELP**

- a. Select Write a review
- b. Select number or stars
- c. Insert review in the box
- d. Select sign up and Post – Either sign up or sign in to your Yelp account

#### **3. VITALS**

- a. Select number of stars (overall & specific)
  - b. Insert Title of Review
-

- 
- c. Insert Review
  - d. Select Submit review

#### **4. HEALTH GRADES**

- a. Select number of stars or sliding scale
- b. Select Submit Survey

#### **5. RATE MD**

- a. Select add rating
- b. Select number 1-5 in categories
- c. Fill in any comments
- d. Check box to verify comments
- e. Select Add New Ratings

#### **6. FACEBOOK**

- a. Login to account or create one
- b. Select number of stars
- c. Fill in any comments
- d. Select Review

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### **Frequently Asked Questions**

1. **What do I need to do with my surgical bandages after I am discharged?** *See wound care instructions on page 20.*
2. **When can I drive again?** *There is no specific time-point when driving is allowed; however, general guidelines are listed on page 31. If you are unsure about your ability and when you can start driving, please call (833) USA-HIPS.*
3. **What do I do if I run out of my medications?** *Please see instructions on page 14. Refills can take up to 48 hours or may need to be picked up at our office (for narcotics) per state law. Plan accordingly so you will not have a gap between needed medications.*
4. **How soon can I swim?** *Swimming exercises should be very gentle at first, with progression as tolerated. Absolutely no breast strokes until you follow up with Dr. Domb at your 3-4 month visit.*

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5. ***How soon can I run?*** *Running varies between patients. You will learn what is best at your 3 month follow up appointment.*
  6. ***When can I lift weights?*** *You may perform upper extremity weight lifting right away, up to 30 pounds. No lower body exercises or weight lifting until your 3-month follow-up appointment with Dr. Domb.*
  7. ***When can I golf?*** *You may resume golfing 12 weeks after surgery.*
  8. ***When can I resume contact sports?*** *You may resume contact sports after you have been evaluated and cleared by Dr. Domb or his assistant at your 3 month follow up appointment.*
  9. ***When can intimacy resume?*** *Avoid sexual intercourse as long as you are using the hip brace. Once brace usage has been discontinued, you should avoid flexion positions and positions that cause hip pain.*

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***Please write down questions here that you would like the team to answer or discuss during your preoperative visit.***