

Dr Peter D'Alessandro
MBBS Hons. (UWA) FRACS FAOrthA



Shoulder & Knee Reconstruction
Hip Arthroscopy, Surgery for Athletes

SJOG Hospital Murdoch
Wexford Medical Centre
Suite 41 Level 2
3 Barry Marshall Parade
Murdoch WA 6150

Bethesda Hospital
25 Queenslea Drive
Claremont WA 6010

HIP ARTHROSCOPY

Discharge / Post-Operative Appointment / Surgical Outcomes

Discharge is normally the morning following your surgery. However if you are feeling well it is possible to leave on the day of surgery. Your post op appointment is 2 weeks after surgery. If you do not have an appointment please contact the office on 9230 6333. If you are enrolled in the Surgical Outcomes System please complete the online questionnaires that will have been emailed to you.

Pain Relief / Medications / Thromboprophylaxis / HO Prophylaxis

You have been prescribed a range of pain-killers by your Anaesthetist. In general, you should take paracetamol regularly (3-4 times per day). Use strong painkillers such as Tramadol or Oxycodone for top-up pain relief as required. You can cease them as soon as the pain allows. Check with your nurse prior to discharge if you are unsure.

You should take Mobic daily for 2 weeks and Aspirin/Nexium daily for 28 days unless otherwise directed.

Swelling / Icing

Some swelling around the hip is normal. However the sooner your swelling settles the better. Please ice your hip as many times per day as you can tolerate, ideally using your *BODYICE* kit.

You should continue icing for as long as your hip remains swollen, which can be up to several weeks.

Concerns

If you are worried about your hip, if there is new redness or fever; or if you develop significant calf pain or swelling please contact us immediately or attend your local doctor or emergency department.

Bandage / Dressings / Sutures

You will be discharged with a 'Tubigrip' compression stocking. Leave the waterproof sticky dressings in place. You may shower but still cover your dressings and keep them as dry as possible. If they become saturated or fall off, dry and clean your wound with antiseptic and replace with a similar dressing.

You have 'dissolvable' sutures that do not require removal.

Crutches

You can weight bear as tolerated and can discard your crutches once at least 2 weeks have passed and you can walk comfortably with normal gait. You should not hop-your foot should be flat on the ground.

Rehabilitation / Physiotherapy

Please see the 'rehabilitation' section of my website www.drpeterdalessandro.com.au for exercises you should perform several times per day, immediately after discharge. You should see your physiotherapist as soon as possible after your surgery to start your guided program. Your first priority is maintaining gentle, pain free range of motion. You should start spinning on a stationary bike the day after surgery. Avoid flexing your hip past 90 degrees or aggressively rotating your hip for 6 weeks.

Return to Work

If you work in an office or can arrange to do so, you may return to work in a few days once you feel comfortable. If your work involves significant physical activity, you may need 6-12 weeks off work.

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peter@coastalorthopaedics.com.au
www.drpeterdalessandro.com.au

