

HOME CARE AFTER HIP ARTHROSCOPY

Weight Bearing:

_____ as tolerated

Walk as you normally would, using your operative leg as tolerated.

_____ 75% weight bearing on operative leg

Use crutches at all times. Weight evenly distributed on both legs while standing is 50% weight bearing. Leg on the ground for balance, but without putting all of your weight on your operative leg while walking is 75% weight bearing.

Gradually increase the amount of time you spend standing and walking. Light exercises such as bicycling and swimming may be resumed after your postoperative visit with Dr. Downer. No running, jumping or twisting is permitted for approximately the first six weeks.

Some drainage of the incisions is normal the day of surgery. It should be light – bright pinky-red in color and very watery; this is due to the irrigation solution used during surgery. If you have drainage that is deep red in color and continues to increase in quantity, please call the surgery center at (206) 633-8100. After hours, the answering service will take your contact information and Dr. Downer or his representative will return your call.

Remove your dressing *three days* (72 hours) following surgery and keep dry two additional days by covering the incision when showering. You may notice some bruising around the small incisions—this is normal and will be self-resolving. Do not soak in a bathtub, hot tub or swimming pool until after your follow-up appointment with Dr. Downer.