


Ian Duncan, MD
Orthopedic Surgery
& Sports Medicine 
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I know you had several choices on where to go for your surgery, and I'd like to thank you for trusting me to care for you. An important part of your recovery is following the post-operative instructions closely. Please review these instructions to make sure nothing gets missed.

Thank you,

Ian C. Duncan, MD

Hip Arthroscopy Post-op Instructions

Wound Care/ Bathing:

- You may shower the day of surgery and the following 2 days with your bandage on as long as the bandage and hip stay dry.
- You may remove your bandage 3 days after surgery (except the steri-strips on the skin, if you have them). You may get the hip wet, wash lightly with soap and water, and recover the incisions with Band-Aids.
- NO SOAKING IN A POOL OR TUB for 3 weeks.

Pain Control:

- Pain medication should have been called in the day of your pre-op visit. Please take the pain medication as directed by the pharmacist when you pick up your prescription.
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- Take an anti-inflammatory like the Meloxicam if we called that in, or else over-the-counter Advil, Aleve, etc for the first 2-4 wks to help with the pain and swelling. You can stop if you have no pain.
- Take the narcotics (usually hydrocodone/acetaminophen) only as needed. The one exception is it's good to take the narcotics around the clock the first 24 hrs after surgery to prevent yourself from being caught off guard from the numbing medication injected at the time of your surgery wearing off. You can take 1-2 pills every 4-6 hrs as needed for severe pain.
- Ice hip for 10-15 minutes every hour as needed for swelling.
- Elevate your leg higher than your heart, as much as possible for pain & swelling the first few weeks.

Blood Clot Prevention:

- Getting up and walking around frequently during the day is typically all that is needed – at least once every hr or 2 is usually enough to prevent blood clots in your veins

- The exceptions are if you smoke or take birth control medication, or if you are very concerned about this: take 1 full strength 325 mg aspirin daily for 2-4 weeks to minimize your risk

Activity:

- Your weight bearing status depends on what you had done, but generally is generally 50% partial weight bearing for 2 weeks (unless you had a microfracture you should be toe-touch weight bearing) after surgery with crutches.
- Avoid a lot of activity at least until your first follow-up appointment.
- I recommend you not return to work until the following week for your comfort and safety, and only return if and when you can do so safely.
- It's safest to not drive until your first follow-up appointment. If you're no longer taking narcotics, and you're leg is full strength it may be okay to start earlier.

Physical Therapy:

- You should have been given a physical therapy prescription at your pre-op visit, if not call the office and request we fax one and give you the phone number to schedule an appt.
- Call and schedule your first appointment for 4 to 9 days following your surgery.
- Review the therapy protocol so you have an idea of the timeline of what you'll be doing.

Follow-up Appointments:

- Your 10-14 day post-op appointment should have been made at your pre-op visit, but if not call 559-733-3346.
- The following standard post-operative visits will be scheduled at will be at the following time frames following surgery: 7 weeks, 14 weeks, and 6 months

Questions:

- Call 559-733-3346 and ask for Debbie or Jessica during the day.

Emergencies:

- If you have emergent questions or concerns that can't wait until the day, you may dial the same office number and will get the on call orthopedic doc. If it's not Dr. Duncan, the surgeon that answers your call won't know who you are, so be sure to clarify that you are one of Dr. Duncan's patients, tell them the surgery you had, and how many days ago you had surgery.
- It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you'll have to go to the emergency room.