SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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🦴 Your Hip Arthroscopy Recovery Guide

🌞 Welcome to the Healing Phase!

You did it — your surgery is complete! 🎉 Now it's time to focus on *you* — healing strong, moving safely, and feeling better every single day. This guide will help you know what's normal, what's not, and how to care for your hip with confidence and peace of mind. 💪

💥 What's Normal After Surgery

Don't panic if you feel a few of these things — they're *signs your body is healing!*

- Mild pain or soreness around the incision
- A little redness or puffiness (it should fade soon)
- A sore throat or raspy voice from the breathing tube
- Itching near your incision (yes, it's annoying — but normal!)
- Pain around **3–6/10** with medication
- Some stiffness when standing up or moving from bed to chair.

  🕓 *All of this improves little by little — give your body grace!*

💊 Your Med Buddy Lineup

Here's what each prescription is doing for your comfort squad:

Medication	Why You Have It 💡
Tramadol	Pain control — use as needed, then taper off
Colace	Keeps things moving (pain meds can cause constipation!)
Mobic	Fights inflammation + swelling
Zofran	Stops nausea before it starts

💧 **Pro Tip:** Stay hydrated, take short walks, and eat fiber — it's the magic combo for recovery.

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🩹 Incision TLC/ Daily Care Routine

- Your incision is sealed with steri-strips— it'll flake off in about **2–3 weeks**.
  Here's how to keep things looking and feeling good:
- You can remove your dressing after 3 days, this can remain off.
- Shower after **3 days**, but no soaking — that means **no baths, pools, or hot tubs!**
- Use gentle, fragrance-free soap (like Dial).
- No ointments, creams, or scrubbing the incision.
- See a little clear stitch poking out? Don't pull it — we'll handle it later.

💜 **If the tape itches or blisters, call us and send our email a pic so we can better asses.**

🚶 Move Smart — The "Do's and Don'ts"

Think of week one as *part two of your hospital stay*. Healing takes time!

✅ **Do:**

- Walk as much as you comfortably can — short, frequent walks are best.
- Use crutches or a walker as directed for balance and support. **(YOU WILL NOT NEED A BRACE)**
- Ice your hip 3–4 times a day for 20–30 minutes to reduce pain and swelling.
- Keep your leg elevated to help with swelling (think chest level when resting).
- Follow your physical therapy exercises daily — consistency = faster recovery!
- Keep your incision clean and dry.
- Rest when your body asks for it — healing takes energy.

🚫 **Don't:**

- Put full weight on your leg until your surgeon gives you the okay.
- Drive until you're off pain meds *and* can move your leg comfortably.
- Sit, lie, or stand still for long periods — change positions every hour.
- Push your range of motion too far — if it hurts, stop.
- Do any deep squats, lunges, or twisting movements until cleared by your surgeon.

💡 *Tip:* Keep your mindset positive and your pace patient! Outpatient physical therapy and short, steady progress will get you back to your favorite activities faster!

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🧊 Cool It — Literally

Ice is your new BFF. It helps swelling and soreness.

- Wrap your ice pack in a towel (no direct skin contact).
- Ice for **20–30 minutes**, **4 times a day**.
- Too much cold = more pain — 30 minutes max per session!

💩 Let's Keep Things Moving

Constipation can happen thanks to pain meds. Here's how to outsmart it:

🍎 Eat fruit, veggies, and fiber
💧 Drink lots of water
🚶 Take gentle walks
💊 Use Colace daily while on pain meds
⏰ If you still haven't gone by day 3, use **Dulcolax, Miralax, or Milk of Magnesia.**

🚨 When to Call Us

Reach out right away if you notice:

- Worsening redness, swelling, or heat near the incision
- Drainage (especially yellow, green, or smelly)
- The incision edges separating
- Fever above **101.5°F**
- New bruising or pain that's suddenly worse

💌 Email usually gets the fastest response!

🚑 Call 911 or Go to the ER If:

- You have trouble breathing or chest pain
- You develop a severe headache
- Your calf feels tight, swollen, or painful

🌈 Final Thoughts

Healing takes *patience* — muscles, bones, and nerves all need time. You might not feel 100% right away, but steady progress is the goal. Celebrate the small wins, You've got this — and we've got you!