



**STERLING RIDGE
ORTHOPAEDICS
& SPORTS MEDICINE**

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Post-Operative Instructions – Open Hip Surgical Repair

1. Leave dressing on until you return to clinic.
2. Walk with crutches at all times. You may place **ONLY** 20 lbs. of weight on the operated leg.
3. **Begin anticoagulation regimen:** Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please alert us.
4. **Begin anti-inflammatory regimen:** EC-naprosyn 500 mg twice per day for 4 weeks.
5. Physical therapy appointment should be scheduled as soon as you leave the hospital.
6. Therapy as per Dr. Chin's protocol. Have therapist contact our office with any questions.
7. Please do not use bacitracin or other ointments under the bandage. Use the ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help you control swelling. Do not wrap the ace too thickly or the cryocuff will not penetrate.
8. You may shower on post-op day #3 if the incisions are dry. Gently pat the area dry after showering.
9. Do not soak the hip in water or go swimming in the pool or ocean until your incisions are healed.
10. Driving:
 - a. If surgery was on your right hip, driving is not permitted until after you are released from crutches by Dr. Chin, usually at your post-op visit.
 - b. If surgery was on your left hip, driving is not permitted before post-op day #5, and then only if you have stopped taking pain medicine and feel you can drive safely.
11. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.
12. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
13. You may experience some low back pain due to muscle spasm from epidural, anesthesia or traction. If so, apply an ice pack to the area and take analgesics as prescribed.
14. Constipation can occur with pain medication. Take an over-the-counter laxative such as colace or senna as needed. Try to decrease pain medications as tolerated.
15. Discontinue pain meds when able.

Weight Bearing Instructions: 4 weeks of 20 pound flat foot WB

Brace Instructions: 4 weeks

If you have any questions or concerns, please call our office.