

1. Remove the dressing on postoperative day #1.
2. Apply Band-Aids to the wounds. Please do not use bacitracin or other ointments under the bandage.
3. You may shower on postoperative day #1-2. Cover the wounds with waterproof Band-Aids. Gently pat the area dry. Do not soak the hip in water or go swimming until your sutures are removed.
4. Apply ice over the incisions for the first 3-5 days.
5. Exercises to be performed 2-3 times daily:
 - * Gentle range of motion of the hip: Flexion, extension, rotation.
 - * Do not put full weight on the operated side's foot. Partial weight bearing with careful foot placement is okay using crutches.
6. Please call the office to schedule a follow-up appointment for suture removal 7-10 days after your surgery.
7. If you develop a fever (101.5) or redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. You may experience some numbness in the groin. This should go away within 2-5 days.
9. You may experience some low back pain due to muscle spasms from the epidural anesthesia. If so, apply heating pad to the affected area and take an analgesic if you have not already done so.
10. Enclosed are two prescriptions. Naprosyn, an anti-inflammatory medication, is to be used twice a day **with breakfast and dinner**, for the first 10 days after surgery. Vicodin, Dilaudid or Percocet, narcotics, are to be used on an **as needed** basis for pain in addition to the Naprosyn.

If you have any questions, please call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the narcotic postoperatively.

If you find that the Naprosyn is upsetting your stomach, please call our office to review the medications.