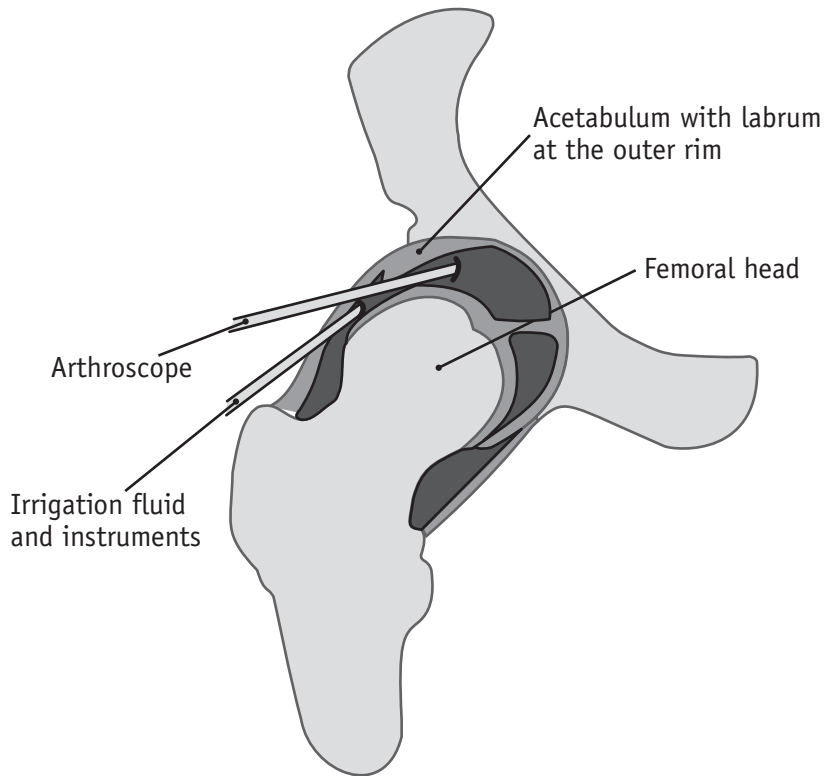


# Arthroscopy of the Hip

## Discharge Instructions

## Arthroscopic procedure of the hip



## General Information

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- Hip arthroscopy is done in the Operating Room under a general or spinal anesthetic.
- A lighted telescopic lens called an arthroscope is used to view the inside of the hip joint.
- This procedure is done to examine the joint and do minor surgical procedures (for example, cleaning the joint surfaces, removing pieces of bone, tissue, cartilage, or screws from previous surgeries).
- Several small cuts (about ½ inch) are made in the skin in order to place the arthroscope and surgical instruments.
- The procedure takes about 2 to 2 ½ hours.

## Important Points

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### Pain & Swelling

- Your hip will be swollen and somewhat uncomfortable for 24–48 hours after your operation. This is normal and may be due to the fact that some fluid is injected into the hip during the procedure. The sensation of splashing of fluid in the hip is normal and will gradually disappear.
- You may have pain and/or swelling in your hip. Some people have pain in their foot/ankle due to pressure from the positioning boot that is applied in the Operating Room.
- Apply a covered ice pack over the hip bandage and/or ankle for 10–20 minutes every 2–3 hours as needed. Do not put ice directly on the skin. Raise the leg on a pillow to reduce swelling.

### Bleeding

- There may be a small amount of drainage/blood on the bandage. This is usually not a cause for concern.
- If the dressing becomes soaked with blood, apply firm steady pressure over the area for 10–15 minutes or until the bleeding stops.

### Dressing

- In 2–3 days, you may remove the dressing (white gauze bandage). If there is any drainage from the incisions, apply a new dressing. When applying a new dressing, do not touch the side that goes against the wound. Dressings can be purchased at any drug store.
- In 5–7 days, remove the steri-strips (tapes) that are over the wound. If they fall off before 5–7 days, replace with band-aids.

### Bathing

- You may shower in 5–7 days:
  - once the steri-strips are removed, and
  - as long as the incisions are dry and healing.
- DO NOT soak the hip area in the bathtub until discussed with your doctor.

### Medications

- You may receive a prescription for pain medication. Some of these medications cause drowsiness and constipation.
- To prevent constipation, eat full grain breads, bran cereals (All Bran, Bran Buds, Fruit & Fiber), fruits (prunes, raisins, dates, bananas, apples), and vegetables.
- Do not drink alcohol when taking pain medication.

### Activity

- Your surgeon will give instructions regarding:
  - what activity you can do
  - if or when you can put weight on your leg(s)
  - physiotherapy to be arranged

### Follow-Up Appointment

- Contact your surgeon's office to arrange for an appointment.

**Notify the Doctor or  
go to the Emergency Department  
if any of the following happens:**

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- Signs of circulation problems (numbness, coolness, change in skin colour, calf pain, difficulty moving toes/ ankle up and down) which is not relieved by loosening the bandage and/or elevating the leg
- The hip becomes red, swollen, warm to touch and/or you notice pus-like (yellow or green) discharge
- Persistent bleeding continues even after applying direct pressure to the area for 10–15 minutes
- You develop chills or fever (38.5°C/101.3°F or higher)
- You experience pain unrelieved by your prescribed medication
- You have shortness of breath or chest pain (unusual for you)
- Persistent nausea and vomiting
- You are unable to pass urine for more than 8 to 10 hours even though you have been drinking plenty of fluids

**Besides these general instructions remember also:**

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