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POST-OPERATIVE EDUCATION: HIP ABDUCTOR TENDON REPAIR

WEIGHT BEARING & BRACE:

Abductor Tendon Repair: You will use a specialized abduction brace or pillow at all times following surgery. This is meant to keep your leg at an angle away from your body to protect the repair. You may use the abduction pillow when you are seated or sleeping. You may NOT put your weight on your operative leg. That means that you MUST use crutches or a walker EVERY TIME you walk for 6 weeks. We DO want you to be up and around at home as much as possible after surgery. You will be “toe-touch” weight-bearing, which means placing your foot on the ground to “hold your place,” but not putting any weight on the foot. If you are doing this correctly, all muscles in your hip and leg will be relaxed.

MOVING YOUR HIP:

It is OK for you to start moving your hip right away. Keep your leg away from the midline of your body at all times with the brace or pillow. You should not push past the points of pain, and should not bend at the waist past 60°. Your surgeon will discuss progression of activity at clinic follow-up visits.

LEG EXERCISES:

You will learn additional exercises in Physical Therapy, which typically starts within 2-6 weeks after surgery. Your surgeon will discuss the timing of therapy at clinic follow-up visits.

ICE:

Please note that with the dressings placed during surgery, you may notice decreased benefit from the ice. Use as needed and if you notice benefit. Ice is most helpful in the first 3 days after surgery, but can help up to 2 weeks after surgery. We do not recommend that you use heat, as this can increase swelling.

If you chose to purchase a commercial ice machine, please use it according to manufacturer’s recommendations.

If you chose not to purchase an ice machine, you may use a commercially available ice bag or fill a large plastic bag with ice and water. (Do not place a plastic bag directly on your skin, but place a towel on your hip in between your skin and the ice bag.) You can ice your hip 20 minutes on and 20 minutes off throughout the day. Do not ice your leg longer than 30 minutes at a time, as this can cause frost bite.

BANDAGES:

You may remove your bandages and shower three days after surgery. If you have white Steri Strips, DO NOT remove them. It is OK to get your incisions wet after the bandage is removed, but it is very important not to soak the incision underwater (no bath, pool, hot tub etc...) for 3 weeks. It is OK to wash the incisions gently with soap and gently pat dry with a towel. Do not place any lotion or other ointment on your incisions. You may cover them with Band-Aids for comfort if they catch on your clothing.

MEDICATIONS:

Required Medications:

Diclofenac: This anti-inflammatory may assist in pain control, but more importantly prevents your body from forming abnormal bone around the hip as a result of the surgery and helps prevent blood clots.

Ecotrin (stomach-protective aspirin): To be taken for 4 weeks *upon completion of diclofenac* (day 15 after surgery) for ongoing prevention of blood clots.

Doxycycline:

Additional medications:

Narcotic pain medicine (such as Percocet – oxycodone, Norco – hydrocodone, or Tylenol#3 - Codeine):

We will prescribe a different medication if you cannot take these. Take this AS NEEDED only. Do not take additional Tylenol (also called acetaminophen) with these medicines, as they already have Tylenol in them. You may SUBSTITUTE Tylenol for a narcotic pill if you choose to. Be certain that you do not exceed the maximum Tylenol dose as noted on the Tylenol bottle.

Stool softener: Pain medicines often cause constipation. It is best to take this medicine when you start taking narcotics and before you have a problem.

Zofran (ondansetron): You may take this medication if you are having nausea or vomiting. You may also take the Phenergan pill with a pain pill to increase the effectiveness of the pain pill if needed.

Robaxin (methocarbamol): This muscle relaxer may help with spasms experienced commonly after hip surgery.

FOLLOW-UP APPOINTMENTS:

You should have a **follow-up appointment** with your surgeon in about 2 weeks. You will also have an additional visit with the Physician's Assistant within a few days of your surgery. Call (480) 964-2908 right away if you do not have an appointment already scheduled. We will check your incisions and remove any sutures at the 2-week visit. We will also answer any specific questions you may have about your surgery. You should start Physical Therapy within 3 days of surgery, as patients benefit from PT after hip arthroscopy.

CALL OUR OFFICE at (480) 964-2908 with any urgent or emergent questions or concerns that you may have, or if you develop swelling in your leg with calf pain, swelling that will not go away when you elevate your leg, a temperature above 101.4, or drainage from your incisions.

If you experience any of these symptoms: go to an **Emergency Department** close to your house: High fever (above 102.5), chest pain, difficulty breathing, fainting, or bleeding.