



## Post-Operative Instructions: Core Decompression

### Prescription Medications

***\*\*These medications will be filled through our pharmacy; you will be contacted the week of surgery. We will provide you with your medications on the day of surgery, unless otherwise requested\*\****

#### **Colace (Docusate Sodium):**

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation.
- It is normal to take several days to make a bowel movement after surgery
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well

#### **Hydrocodone/Acetaminophen (Norco):**

- This is a narcotic medication for pain, to be taken **AS NEEDED**.
- Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 1-3 days.
  - Can then begin to space out / discontinue the medication, transitioning to Acetaminophen (Tylenol) only
  - **DO NOT** exceed 4,000 mg of Acetaminophen in a 24-hour period.
- Do not drive, drink alcohol, or take Acetaminophen (Tylenol) or additional narcotics/pain medications **WHILE** taking this medication
- **Common side effects:** nausea, drowsiness, and constipation
  - To decrease the side effects, take with food
  - If constipation occurs, take the stool softener as directed

#### **Scopolamine patch:**

- For some patients, the anesthesia team will put on a scopolamine patch behind your ear to prevent nausea.
- If you are prescribed one, you can leave this in place for 72 hours.
- When you take it off, wash your hands thoroughly or it can make your vision blurry.

#### **Zofran (Ondansetron):**

- This is an anti-nausea medication.
- It is a dissolving tablet that is to be placed on your tongue – allow it to dissolve, and swallow.
- Take 1 tablet as needed every 4-6 hours for the first 2 days after surgery.

#### **Aspirin:**

- This medication thins the blood in order to prevent blot clots – take as directed
- Please contact the office should severe calf pain or significant swelling of the calf or ankle occurs

### Wound Care

- Leave the bulky surgical bandage on and **DO NOT** shower for 48 hours
  - Can loosen bandage if swelling of foot/ankle occurs
- After 48 hours, remove bandages and gauze, but **LEAVE STERI-STRIPS** (white tape) **IN PLACE**.
  - You may shower at this point.
  - Cover incision sites with waterproof bandage prior to getting into the shower.
    - Should the incisions accidentally get wet, pat them dry with a clean towel – **DO NOT SCRUB**
- It is normal to see a lot of blood-tinged (may be pinkish-yellow) soaked fluid on the bandages



- If bandages become soaked, okay to reinforce with additional dressing
- In between showers, leave the incision sites open to air
  - **DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES**
- Your stitches will be removed at your first post op visit
  - You may shower at this point without waterproof bandages over the incision sites.
  - **DO NOT** scrub the incision sites – you may let soap and water run down the incisions and pat dry with a towel once you're done.
- **DO NOT** soak in any pool/bath water until 4 weeks after surgery

### **Physical Therapy (PT)**

- PT should ideally start within 1-3 days post-op, 2x per week – an order will be provided on the day of surgery
  - If surgery is on a Thursday/Friday, okay to begin PT early the following week
- On the first visit to your therapist, you should expect to:
  - Be taught proper weight bearing technique
  - Proper utilization of your crutches
  - Passive range of motion exercises
  - Isometric exercises to be done at home
  - Stationary bike (**upright ONLY, NOT recumbent**)
- PT will be 2x/week for roughly 3-4 months, then 1x/week between 4-6 months post-op
- Perform ankle pumps continuously throughout the day to reduce the risk of blood clot formation in the lower leg
- Choose a PT clinic close to your home so you can be compliant with your program.
- Please bring your prescription for therapy and PT protocol (provided on surgery day and also on the website) to your first appointment.
- If you do not have a therapist in mind, or wish to be provided information for a therapist, we can provide you with a list of physical therapist recommendations that we commonly refer our patients to, depending on your location

### **Weight Bearing**

- If you received **REGIONAL** anesthesia (a “block” to the leg), **DO NOT** weight bear for the first 24-36 hours
  - After the feeling has returned to my leg, you may be flat-foot partial weight bearing
  - This is not our preferred form of anesthesia, and only performed if requested for medical reasons. We typically do **GENERAL anesthesia** for this surgery
- You will be flat foot weight bearing
  - Walk with your foot flat to the ground, and “mimic” a normal gait (walking pattern)..
- Once you are 2 weeks out from surgery, you may begin to progress your weight bearing slowly as directed by your physical therapist to full weight bearing, as long as your pain is not increasing while walking.
  - Getting off of the crutches takes all patients a different amount of time (general time period is 4-6 weeks)
  - Take your time and don't try to rush yourself to get off of the crutches

### **Icing**

- **Ice packs** – cycle 20 minutes on → 1 hour off throughout the day
  - Regular, moldable ice packs (purchase in stores or online)
- **Icing units at MOR DME stores (if desired):** visit or call for more information
  - (312) 432-2482 for the 1511 W. Harrison St. Location (downtown Chicago)
  - (708) 273-8426 for the 2450 S. Wolf Road St. Location (Westchester)
  - (708) 492-5664 for the 2011 York Rd. Locations (Oak Brook)
  - Cycle every 20 minutes on → 1 hour off throughout the first 72 hours → try to use 4-5 times per day after the first 72 hours for ~2 weeks post-op
    - After 2 weeks, ice as needed to decrease swelling, inflammation, and pain
- **DO NOT** wear the brace over the ice machine pad/ice packs



### **Continuous Passive Motion (CPM) Machine**

- Selective option for postoperative passive motion. This is **NOT** mandatory. This machine will provide passive motion in the hip to prevent excess joint stiffness and scarring postoperatively.
- An order will be provided prior to surgery – vendor can be contacted to set up for the machine to be delivered
- **How to use:**
  - Can start using the day of or day after surgery
  - You may use the machine for up to 4 hours per day, split in time increments to prevent soreness or fatigue.
  - The initial settings of the machine should be at **30° extension and 70° of flexion**
  - You may increase by 7-8 degrees per day as tolerated.
    - **Example:**
      - Day 1: 30° of extension and 70° of flexion.
      - Day 2: 22° of extension and 78° of flexion.
      - Day 3: 14° of extension and 86° of flexion.
- The device is often not covered by insurance. Please be in touch with the vendor to discuss insurance approval/denial, out of pocket costs for purchase or rental, and pick up/drop off dates/times
- Our office **WILL NOT** complete any letters of medical necessity, peer reviews, or other correspondence with the insurance company regarding this device. All correspondence will have to go through the vendor should you choose to accept the device.
  - Call the vendor (Miomed → Obility) at 773-477-8991 to schedule a pickup/delivery

**REMINDER** – These machines are indicated for use by Dr. Nho's patients but are **entirely elective**. Dr. Nho's office does not assume responsibility if the equipment is not covered by your insurance. Questions about equipment use and insurance coverage should be directed to the company that provides the equipment. These companies should outline a payment plan for you in the event that your insurance does not cover the equipment.

### **Biking**

- You may start biking on post op day 1 – **upright bike ONLY, NO recumbent bike**
- **NO** use of the Nustep!
- **NO** resistance while on the bike
- Use your non operative leg to push the operative leg around
- 20 mins on upright bike = 1 hour on motion machine
- You **DO NOT** have to go out and buy a bike, you may use the one that is provided for you at your PT sessions.

### **General Activity Levels**

- It is beneficial to change positions often after hip arthroscopy
  - Alternate sitting, reclining, and lying down as much as you can tolerate
  - We recommend you get moving once every 30 minutes to prevent stiffness.
  - **DO NOT** stay in a seated position for longer than 30-45 minutes
    - If you need a work note to get up from your desk, please let us know and we can send it in to your employer.
- Spend 2 to 3 hours per day on your stomach (you can take the brace off for this) to help keep the hip straight
- Laying around too much will make you stiff, so feel free to move around your home as you can tolerate.
- Perform ankle pumps (like pushing the gas pedal) and elevate the legs to help prevent blood clots

### **Post-Op Concerns**

- **Constipation**
  - It is normal to take several days to make a bowel movement after surgery.
  - Drink plenty of clear liquids and push fiber as the anesthesia can cause dehydration/constipation as well.



- We highly recommend having prune juice on hand to help assist with bowel movements.
- If you have not had a bowel movement in 3-4 days, you may add milk of magnesia or MiraLAX.
- **Pain**
  - Pain is normal over the first several days post-op. It is important to stay on your pain meds for 48-72 hours post-op in order to stay ahead of the pain.
  - If pain is uncontrolled, contact the office during normal business hours. If it's after hours, contact the fellow on call (see below) or visit your nearest ER.
- **Numbness in the lateral/anterior thigh or genitals**
  - Due to placement of portals and positioning during surgery, it is normal to have numbness in these two areas.
  - Usually this will resolve within 2-6 weeks, but in some cases it can take longer.
  - Icing and stimulating numb areas with gentle touch can help to regenerate nerves.
- **Swelling in the lower extremity**
  - This CAN be normal after surgery due to changes in weight bearing and normal flow of blood through the body.
  - Elevate your legs/feet as much as possible when lying down and make sure to be diligent with foot circles and pumps to encourage blood flow. Additionally, make sure you get up and move every hour or so to encourage blood flow throughout the body.
  - If swelling in the lower extremity, pain in the lower extremity, warmth or redness persists despite trying the measures above, please contact the office as you may have a blood clot and this usually needs to be ruled out with an ultrasound test.
- **Purple feet/toes**
  - This is a normal part of post-op recovery as you are not bearing weight normally, so blood is not flowing normally through your leg, which can cause discoloration.
  - Usually this is nothing to be concerned about, but if it persists once you progress to full weight bearing or if it occurs with the above symptoms concerning for blood clot, please contact the office

### **Follow-Up**

- You will need to follow up for your 1st post-operative between 2-3 weeks from surgery – this will be a PA visit
- A new physical therapy prescription will be given to you at that time and any sutures will be removed
- Please call central scheduling or use the link below to make an appointment (contact information below)

### **When Should I Contact the Office?**

- If you have a fever >100.4° F.
  - A low-grade temperature (up to 100° F) is expected after surgery but let us know if it gets this high!
- If you develop chills, sweats, excessive nausea/vomiting, difficulty breathing, chest pain
- If you develop calf pain or color changes in foot or ankle,
- If you have pus, significant pain, warmth or redness surrounding the incision sites.
- If you are unable to urinate >1-2 days after surgery
- If you are unable to pass a bowel movement >6-7 days after surgery

### **Important Information**

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self#/schedule/29>
- *CPM/brace Vendor:* 708.477.8991
- *Administration:* Jeannie Taylor– 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | [nhopa@rushortho.com](mailto:nhopa@rushortho.com)

**We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.**