

Patient Instructions following Hip Arthroscopy

- You have three small cuts, with a stitch in each one, on the side of your hip. You will be sent an appointment by post to come to clinic in 10-12 days to have these stitches removed.
- Each cut has a sticky dressing on which should remain in place until your appointment; these dressings are waterproof so **you are able to shower**.
- The physiotherapist has given you exercises to continue at home with any rehabilitation instructions specific to you. It is important that you **contact your chosen physiotherapist ahead of the procedure** to pre-arrange at least one physiotherapy session per week post-surgery for your rehabilitation.
- You will remain on crutches for at least two weeks post-operation. **You will not be able to drive during this time.**
- If you have been prescribed a course of anti-inflammatory drugs following your surgery and you experience any stomach problems during this time, you should stop taking this medication.
- Your leg may be swollen and this is completely normal. If your calf becomes particularly swollen with associated pain, redness and hardness however, this could be a sign of a clot and you need to contact your GP or Stafford Suite urgently.

If you have any questions or concerns, please use contact details below:

Stafford Suite : 0161 495 7022 (24 hours)

HR Orthopaedics office: 0161 722 0007 (Mon—Fri 9am—5pm)

Email: secretary@hrorthopaedics.co.uk

www.hrorthopaedics.co.uk