

## INITIAL POSTOPERATIVE MANAGEMENT

### Immediate postoperative care

1. Day of surgery is considered post-operative day 0. Remove the dressing on post operative day 2.
  - Apply dressings as needed to wounds sites (Band-Aids or Dry Dressings)
  - Please do not use bacitracin or other ointments under the bandage.
2. Use the Cryocuff or ice packs as often as possible: at least 30 minutes, 4 times per day.
3. Avoid sitting at 90° of hip flexion for 2 weeks.
4. Physical therapy appointment may be scheduled as early as 1-2 days postoperatively.
  - The Postoperative protocol instructions are attached.
  - See restrictions for weight bearing and ROM below.
5. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
6. Do not soak the hip in water, have a bath, or go swimming in a pool or the ocean until at least 3 weeks post-operatively and wounds are healed.
7. You may experience some low back pain due to muscle spasm from anesthesia or traction. If so, apply an ice pack to the area and take analgesics as prescribed.
8. Anticoagulation (Aspirin) AND heterotopic ossification prophylaxis (Naproxen) regimen have been provided by your surgeon. Please see attached prescriptions.
  - Begin the day after surgery. Take as directed to prevent blood clots. Please inform your surgeon if you have any difficulty using blood thinners or have bleeding in your bowel movements.
9. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.

### Initial Weight Bearing Instructions (to be progressed accordingly with rehabilitation specialist):

- 2 weeks flat foot 20 lbs weight bearing with crutches
- 6 weeks flat foot 20 lbs weight bearing with crutches
- Weight bearing as tolerated

### Initial ROM restrictions

- Standard as per protocol for first 3 weeks
  - Flexion  $\leq 120^\circ$
  - Abduction  $\leq 35^\circ$
  - IR in extension – no restrictions
  - IR at 90° of flexion – 0°
  - ER 0°
  - Extension 0°
- No restrictions

### Brace

- Use brace when walking

### Procedure Performed