



Scott G. Kaar, MD

Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

POST-OPERATIVE INSTRUCTIONS FOR HIP SURGERY

1. Remove the dressing on post-op day #2.
2. Apply band-aids to wound sites – change band-aids daily.
3. Physical therapy appointment should be scheduled for post-operative day #2 or #3.
4. Rehabilitation as per physical therapy protocol. Have your therapist contact our office with any questions.
5. Please do not use bacitracin or other ointments under the bandage. Use the cryocuff (ice packs) as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help control swelling. Do not wrap the ace too thickly or the cryocuff will not penetrate.
6. You may shower on post-op day #4 if the incisions are dry. Gently pat the area dry after showering.
7. Do not soak the hip in water or go swimming in the pool or ocean until 6 weeks post-op
8. Driving is prohibited while on narcotics and on crutches. This may be discussed at future post-op visits
9. Keep your leg elevated with a pillow under your calf, NOT under the knee.
10. Please call the office to schedule a follow-up appointment for suture removal, 14 days post-operatively, if you do not already have an appointment scheduled.
11. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
12. You may experience some low back pain due to muscle spasm from the epidural anesthesia and / or traction. If so, apply heating pad to area and take an analgesic if you have not already done so.
13. Enclosed are two prescriptions for you to use post-operatively.
Medication: Hydrocodone _____ Ketorolac _____ Other(s) _____

Please contact us with any questions:

Concerns or questions:

Meghan (clinical nurse – Dr. Kaar) at **(314) 977-1082** / email: **meghan.gehrs@health.slu.edu**
Julia (clinical nurse specialist – Dr. Kim) at **(314) 577-8524** / email: **julia.santiago@health.slu.edu**
General office at (314) 256-3850 (SLUH South Campus Clinic); (314) 977-1050 (St Mary's Clinic);
Cardinal Glennon (314) 577-5640

After hours, request to speak to the orthopaedic resident on call (or if surgery was at St John's: orthopaedic trauma resident on call). If emergency, go to SLU or your local ER or dial 911.

Signature of Physician

Signature of RN

Signature of Patient
