

## DR. NORRIS- HIP SCOPES

### General Information

Dr. Norris and his office staff are available 24/7. If you have a problem or question during business hours please contact the office at 309.663.6461 or the nurses' line at 309.662.2958. If you have a problem or question after business hours please contact the office answering service at 309.823.0311.

You should return directly home and rest for the remainder of today, the day of surgery. You should not drive for 24 hours, and do not drive until you are confident that you can drive safely. There is no reliable way anyone can say when it is safe for you to drive; you need to be honest with yourself. You should not make any important personal or business decisions for at least 24 hours. Do not drink any alcoholic beverages for at least 24 or if you are taking any narcotic pain medications.

### DRESSING

Keep the dressing clean and dry for the first 48 hours. Cover and do not get wet when showering during the first 48 hours only. Remove the dressing 48 hours after surgery. You may shower and allow incision to get wet, but no soaks or cleaning incisions until instructed at follow up appointment. Pat dry and may leave open to air or cover with Band-Aids. Do not remove any steri-strips, stitches, or dermibond that may be covering your incision. Do NOT apply any Neosporin, alcohol, or hydrogen peroxide to the incision.

### ACTIVITY

You should start the ankle pump exercises the evening of surgery to help prevent any blood clots. The first few days after surgery you do not need to worry about the exercises you were taught in therapy. Allow yourself time to rest and take your pain medicine.

**If you had a labral repair or bone debridement** you will need to use your crutches until instructed by Dr. Norris. You are to only touch your foot flat to the ground for balance with the use of crutches. You will then be guided by therapy to progress to full weight bearing.

**If you had a labral debridement** you only need to use the crutches for as long as you feel you need them. You may put full weight down on your leg as soon as you feel up to it.

Beginning hip motion while sitting or lying is encouraged as pain allows regardless of procedure.

You will usually get some black and blue discoloration around the area of your incision. This may travel to other areas over the next couple days due to gravity or elevation. This is normal and comes from blood seeping through the tissues.

### PAIN AND NAUSEA

Take pain medications as prescribed.

Dr. Norris will prescribe Vicodin (hydrocodone) which is a narcotic pain medicine. Always take the narcotic medicine with food; otherwise it may upset your stomach. Do NOT take Tylenol in addition to this medication.

Dr. Norris will also prescribe Toradol (ketorolac) which is a strong anti-inflammatory medication. This medicine will help decrease inflammation, swelling, and pain. You are to take this medicine every 6 hours with food until gone. Always take Toradol with food; otherwise it may upset your stomach. If you have continued problems with your stomach despite taking with food, please stop taking the medicine and contact our office.

Depending on what anesthesia is used, you may experience some nausea and vomiting. Most often it is occasioned by eating just before leaving the surgery center and then bouncing around in the car. Give yourself some time between eating and leaving the surgery center. If you get nauseated or vomit, give yourself some quiet time and it usually resolves.

#### **PRECAUTIONS**

A little swelling, redness, and bleeding is normal. If your dressing becomes saturated or if you have redness, swelling, or drainage like an infected scratch or pimple, this may not be normal and you should call the office or after hours number.

You may experience numbness in your perineum area for up to 2 weeks as a result of the traction used during surgery. This is normal and will subside.

A fever greater than 101.5 degrees F is abnormal. If you think you have a fever, take your temperature with a thermometer. Call Dr. Norris if it is over 101.5 degrees F.

#### **OFFICE APPOINTMENT**

Upon discharge, you will receive your postoperative appointment date and time. If you have any further questions please feel free to contact my office.

Once again please call Dr. Norris/nurse Katie if you have any questions. Try to call during daytime hours if possible. However, he / she would rather hear from you at any time than not at all.

Main Office Number      309.663.6461      Nurses' Line      309.662.2958