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SPORTS MEDICINE SURGERY – HIP ARTHROSCOPY

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– Cutting edge information on the arthroscopic treatment of the hip, knee and shoulder –

SURGERY INSTRUCTIONS

Distal Biceps Repair

Checklist

- ✓ Physical Therapy Prescription
 - PT will start after your 1st Post-Op Visit
 - Trainer Rx for supplemental home based rehab (\$75) – Email VanThielMD@orthoillinois.com
- ✓ Medications
 - Paper Prescription*
 - Pain - Norco 10/325 (3 scripts)
 - Sent To Pharmacy*
 - Antibiotic - Keflex 500mg every 6 hr x 1 day (If allergic, Doxy 100 mg twice)
 - Pain - Naproxen 500 mg twice a day x 4 weeks
 - Additional Medications:
- ✓ Brace – Ok to remove brace for bathing.
- ✓ Caution – Do not flex hip and extend knee
- ✓ Optional – Ask Clinical Lead
 - Ice Machine - \$200
 - Purchased in DME store.
 - Ice and Compression Machine – Game Ready - \$395 for 3 weeks
 - Compression Stockings - \$23.
 - Help with post-operative swelling. In DME store.
- ✓ **Post Op Visit:**

What to Expect

- The following instructions will help guide you through your recovery. Separate instructions for therapy and exercises will be given and are available at www.VanThielMD.com.
- Dr. Van Thiel's PA (Physician Assistant) Carly Jackson will be closely involved in your care and recovery. A physician assistant is a licensed practitioner that has completed over 2 years of post-college medical training and has the credentials and expertise to treat patients independently.
- **1st Post-Operative Visit** – This will be between 10-14 days after the surgery. You will see Dr. Van Thiel and he will go through your pictures from surgery and answer any questions you have.
- **2nd and 3rd Post-Operative Visits** – Occur at 6 weeks and 3 months after surgery. During these visits you will be seen by Carly Jackson (Dr. Van Thiel's PA) to ensure that you are comfortable and meeting the recovery goals. Ms. Jackson is always in direct communication with Dr. Van Thiel and does have the medical expertise, training and credentials to help you along with your recovery.
- **4th Post-Operative Visit** – Occurs at 6 months after surgery. Dr. Van Thiel will discuss any questions that you have and ensure you are making a complete recovery.
- **Physical Therapy** – Physical therapy can start after the first post-operative visit.
- We will contact your insurance company to authorize your surgery, but we suggest that you also contact your insurance company for further information and to verify coverage.

Day of Surgery

- **Diet** – Do not eat anything after midnight the day of surgery.
- When you get to the hospital or surgery center Dr. Van Thiel will come speak with you and confirm the procedure and the side. Feel free to ask any questions.
- The anesthesiologist will also come speak with you. We routinely perform regional blocks for pain control during and after surgery. A regional block is a small injection that will numb the nerves at the operative site for up to 12-30 hours after surgery. These blocks are excellent for pain control.

- **After Surgery** – You will wake up in the recovery room and once you are comfortable and fully awake, the nurses will discharge you to go home.

Post-Operative Care

Diet

- Following surgery, nausea is very common. Begin with clear liquids and progress to your daily diet as tolerated.

Wound Management

- A bandage is applied to the operative site. Keep this intact until the first post-operative visit.
- It is normal for there to be drainage and for the dressing to become blood tinged. If this occurs, reinforce with additional dressing.
- No showers until after the dressing is removed. No baths or hot tubs!

Activity

- Keep the hip in the brace provided at all times, with the exception of showering or performing therapy exercises. The brace is applied to prevent excessive hip motion and is typically worn for 4-6 weeks post operatively.
- The brace may be removed by the therapist to begin range of motion exercises.
- You are encouraged to walk in a controlled environment in order to avoid prolonged sitting. Crutches should be used to assist with walking and you may rest foot on the ground but do not put weight through operative leg when walking.
- Elevate the operative leg with pillows under the foot and ankle to aid in the reduction of swelling.
- No driving until instructed by your physician.
- Sleeping may be performed in a reclining chair or bed with the use of pillows to support the operative site as tolerated.
- Generally, if you have a desk job you may return to work on the third post operative day.
- Return to a physically demanding job will be discussed on your postoperative visit.

Exercise

- You may begin exercises 24 hours after the surgery to include ankle pumps and quad sets.
- Formal physical therapy will begin after your return visit and it is safe to perform these

exercises at home to assist with a return of strength and motion.

Ice/Cryotherapy

- An ice machine or ice packs will be provided and applied at the conclusion of your surgery.
- Use continuously for the first 72 hours postoperatively, then in 30 minute increments 4-5 times per day thereafter as tolerated.

Medications

- Most patients require the use of narcotics for a period of time after surgery. Take as directed.
- If you received a nerve block, numbness and loss of function may persist for up to 24 hours postoperatively. You are encouraged to take your prescribed pain medication as indicated on the bottle regardless of pain for the first 24 hours.
- Common side effects of pain medication: nausea, insomnia, itching, constipation, drowsiness, hallucinations.
- Take medications with food to reduce side effects
- Do not operate machinery or moving vehicles while taking the pain medication.

Emergencies

- If at any time you have questions or emergent concerns contact Dr. Van Thiel or his physician assistant Carly Jackson, PA-C at (815-398-9491).
- If you are calling after hours or over a weekend you will be directed to the physician answering service and you may be called by the physician or physician assistant on call.
- Please call if any of the following arise:
 - Fever >101. (It is normal to have a low grade fever for the first 1-2 days after surgery)
 - Redness
 - Painful swelling
 - Numbness
 - Shortness of breath
 - Excessive bleeding and/or drainage from incision sites
 - If you require immediate attention, go to the nearest emergency room

Follow-up

- A follow-up appointment will be set for 10 days

after the surgery. If you have questions or concerns about this date contact our scheduler at (815-381-7332) during normal office hours.

- Physical Therapy will begin after your first postoperative visit
- If you have additional questions or concerns most questions can be addressed by our Clinical Lead by calling (815-381-7365).