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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

MPFL Repair or Reconstruction

Checklist

- ✓ Physical Therapy Prescription
 - PT appointment 4-5 days after surgery
 - 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 as needed
 - Additional Medications:

- ✓ Brace
 - ✓ Follow Range of Motion Guidelines
 - Guideline Week 0-2:
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- ✓ 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 3-5 days after surgery. We will assist with setting up therapy upon scheduling your surgery.
- 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, 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.

Wound Management

- A bandage is applied to the operative site. Keep this on for 72 hours after the surgery.
- It is normal for there to be drainage and for the dressing/ACE wrap to become blood tinged. If this occurs, reinforce with additional dressing.
- Remove the dressing after the third post-operative day. It is still normal for there to be some drainage. Apply steri-strips or band-aids to the incision sites. If you have a separate, larger incision on the side of the knee, keep dressing intact and incisions dry for 3 days post op
- No showers until after the dressing is removed. Running water only. No bathes or hot tubs!
- Sometimes small incisions are made that do not require suture closure.

Activity

- Keep the operative knee in the brace provided at all times, with the exception of showering.
- The brace will be worn for 6 weeks.
- 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 may be used to assist with walking and you are to remain weightbearing as tolerated with the leg locked in extension on the operative leg unless otherwise directed by your physician .
- 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/school on the third post operative day.
- Return to a physically demanding job will be discussed on your postoperative visit.

to the nearest emergency room

Exercise

- You may begin exercises 24 hours after the surgery to include ankle pumps and quad sets.
- Formal physical therapy will begin 4-5 days after surgery. 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 femoral nerve block, numbness and loss of function may persist for up to 24 hours. You are encouraged to take your prescribed pain medication as indicated on the bottle regardless of pain for the first 24 hours.
- Side effects of pain medications: nausea, insomnia, itching, constipation, drowsiness, hallucinations.
- Take medications with food.
- 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)
 - Redness
 - Painful swelling
 - Numbness
 - Shortness of breath
 - Excessive bleeding and/or drainage from incision sites
 - If you require immediate attention, go

Follow-up

- A follow-up appointment will be set for 10 -14 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)