

Recovery after Hip arthroscopy – Mr Rao's patients

1. Full weight bearing is allowed after surgery, unless there is a specific reason to not do so.
2. All dressing will be removed after surgery **on the ward** and new dressings applied (spare water proof small dressings will be given to you at discharge)
3. All normal activity is encouraged but avoid kneeling, squatting or running.
4. When at home ONLY SHOWERS, NO BATHS, NO SOAKS till the wound has healed. NO SWIMMING till wounds have healed. If the dressings soaked/peeling please change it promptly.
5. Please follow the exercise sheet given at discharge
6. Post surgery, an appointment will be made for you to see Mr Rao about 1 or 2 weeks after surgery.
7. There are 1 or 2 sutures to remove from each keyhole generally.
8. A full explanation of the findings is done, if possible, after the operation but often you may not remember the details hence a full explanation and any pictures taken will be given to you at the follow up consultation
9. If there is a specific problem that cannot be dealt with just the arthroscopy then this will be discussed with you at follow up so that it can be done in a planned fashion.
10. Light gym activity can start at 3 weeks with generally return to full sporting activity at 6 weeks.
11. Physiotherapy and other rehab measures may be necessary.
12. It usually takes about 6-12 weeks for the effects of the operation to fade even though you are mobile very quickly. Some clicking, swelling, pain & numbness near the keyholes is common and it usually settles with time.
13. Driving is possible as soon as you can handle the car safely, usually 72 hours after surgery. Return to work depends on the work done. Generally office based work may need a week or two and if manual work involving kneeling/squatting is involved it can take 3-6 weeks.