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Trochanteric Bursectomy / Gluteus Medius Repair Post-Operative Instructions

Name: _____ Date of Surgery: _____

PRESCRIPTION MEDICATIONS

Aspirin:

- This medication is to help prevent blood clots after surgery.
- Take one 325 mg tablet twice per day with food for 30 days.

Colace (Docusate Sodium):

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation
- It is normal to take several days to make a bowel movement after surgery
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

Hydrocodone/Acetaminophen (Norco):

- This is a narcotic medication for pain.
- This medication is to be taken **AS NEEDED**.
- Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 2-3 days.
 - After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
 - DO NOT exceed 4,000 mg of Acetaminophen in a 24 hour period.
- Do not drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.

WOUND CARE

- Leave the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, remove bandages and gauze, but LEAVE STERI-STRIPS (white tape) IN PLACE.
 - You may shower at this point.

- Cover incision sites with waterproof bandage prior to getting into the shower.
 - Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages.
 - This may appear to be a pinkish-yellow fluid and is normal.
- In between showers, leave the incision sites open to air
 - DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES
- Your stitches will be removed at your first post op visit.
 - You may shower at this point without waterproof bandages over the incision sites.
 - DO NOT scrub the incision sites- you may let soap and water run down the incisions and pat dry with a towel once you're done.
- DO NOT soak in any pool/bath water until 4 weeks after surgery.

PHYSICAL THERAPY

- You may start physical therapy immediately after surgery.
 - Dr. Ellman will determine when the best time for you to start physical therapy will be based on your clinical progress and can vary in length of time after surgery.
- You will receive instructions for physical therapy at your preoperative or follow up appointment.

WEIGHT BEARING

- You may be non-weight bearing for the first few weeks after surgery.
- Do not increase your weight bearing status unless otherwise directed by Dr. Ellman or Samantha Gutierrez, MA.

BRACE

- You may get a brace on surgery day, depending on if a repair was done.
- **If you did not have a repair, you will not need the brace.** If you did have a repair, follow the instructions listed below.
- Over the first few days, concentrate on icing the hip and wear the brace when you are up and about.
- Brace Settings:
 - 0 degrees extension – 90 degrees flexion
 - Neutral rotation
 - 20 degrees Abduction
- The brace should be worn until you are off the crutches
- You do NOT need to wear the brace:
 - While sleeping
 - On the CPM machine
 - Laying on your stomach

- Using the ice machine
- Showering and using the bathroom
- The lateral (outside) post on the brace should be positioned over the lateral aspect (outside) of the leg
- The point of the brace is to prevent hyperflexion and adduction (bringing the leg too close to the chest or bringing the leg across the body).

ICE

- Ice Machine***
 - If using the ice machine, it will cycle on and off on its own
 - Use it as much as you can for the first 72 hours
 - Try to use it 4-5 times per day after the first 72 hours for the first two weeks after surgery.
 - You do not need it after 2 weeks.
 - You will receive information about picking up the ice machine at your preoperative visit.
 - Do not wear the brace over the ice machine pad.
- Ice Packs
 - If using simple ice packs, ice the hip as much as you can for the first 72 hours – 20 minutes on, 20 minutes off.
 - Use 4-5 times per day after the first 72 hours.
 - Place the ice over the brace onto the hip, but never directly onto the skin.
 - Use as needed for the first 2 weeks.

***Ice machines are recommended for use by Dr. Ellman. Dr. Ellman's office does not assume responsibility if the equipment is not covered by your insurance. Questions about equipment use and insurance coverage should be directed to the company that provides the equipment. These companies should outline a payment plan for you in the event that your insurance does not cover the equipment.

GENERAL ACTIVITY LEVELS

- Alternate sitting, reclining, and lying down as much as you can tolerate
 - We recommend you get moving once every 30 minutes to prevent stiffness.
 - If you need a work note to get up from your desk, please let us know and we can send a note in to your employer.
- Spend 2 to 3 hours per day on your stomach (you can take the brace off for this)
- Laying around too much will make you stiff, so feel free to move around your home as you can tolerate.

FOLLOW UP



- You will need to follow up in clinic with Dr. Ellman in 10-14 days from your surgery date.
- Please call central scheduling to make an appointment (contact information below).

WHEN SHOULD YOU CONTACT THE OFFICE?

- If you have a fever >100.4 degrees F.
 - A low grade temperature (even up to 100 degrees) is expected after surgery, but let us know if it gets this high!
- If you develop chills or sweats.
- If you have pus, significant pain, or redness surrounding the incision sites.
- If you are unable to urinate >1-2 days after surgery.

IMPORTANT CONTACT INFORMATION

Central scheduling: (303) 233-1223

Medical Assistant: Samantha Gutierrez, MA; 303-233-1223; ext 6134

Office Fax Number: (303) 233-8755