



## **Post-Operative Instructions**

### **Gluteus Medius/Minimus Repair**

1. Remove the dressing on POD#7.
2. Apply dressings as needed to wounds sites
3. Walk with crutches at all times. You may place ONLY 20 lbs. of weight on the operated leg.
4. **The hip brace must be worn at all times except when showering.**
5. Please do not use bacitracin or other ointments under the bandage. Use the cryocuff or ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help you control swelling. Do not wrap the ace too thickly or the cryocuff will not penetrate.
6. You may shower on post-op day #2 if the incisions are dry. Gently pat the area dry after showering.
7. Do not soak the hip in tub or go swimming in the pool or ocean until your incisions are healed.
8. Driving:
  - a. If surgery was on your right hip, driving is not permitted until after you are released from crutches by Dr. Duncan, usually at your post-op visit.
  - b. If surgery was on your left hip, driving is not permitted before post-op day #5, and then only if you have stopped taking pain medicine and feel you can drive safely.
9. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.
10. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
11. You may experience some low back pain due to muscle spasm from anesthesia. If so, apply an ice pack to the area and take analgesics as prescribed.
12. ASA 81 mg PO twice daily x 4 weeks or other anticoagulation regimen should have been provided. Take as directed to prevent blood clots. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
13. Discontinue pain meds when able.
14. The following medications will be prescribed at discharge:
  - Naproxen 500 mg, 1 tab oral twice daily x 4 weeks for inflammation
  - Tramadol 50 mg, 1 tab every 8 hours for pain
  - Oxycodone 5 mg, 1-2 tabs oral every 4-6 hours if still in pain after taking Tramadol
  - Omeprazole 20 mg, 1 tab oral daily x 1 month
  - Senna-S, 1 tab oral daily as needed for constipation
  - Aspirin 81 mg, 1 tab oral twice daily x 4 weeks
  - Ondansetron 1 tab oral every 6 hours for nausea
  - Tylenol 500 mg, 2 tabs every 6 hours as needed for pain

#### **Weight Bearing Instructions:**

- 2 weeks 20# flat foot WB
- 4 weeks 20# flat foot WB
- 6 weeks 20# flat foot WB
- Other: