



# Hip Core Decompression

## Post-Operative Instructions

### Post Operative Prescribed Medications:

- Aspirin: Take as prescribed for 30 days after surgery
- Norco (5-325mg): Take 1-2 tablets every 4-6 hours as needed for pain.
- Zofran (4mg): Dissolve 1 tablet on tongue every 8 hours as needed for nausea
- Colace (100mg): Take 1 capsule daily as needed for constipation.

*\*Please note: medications may vary based off your current medication list. These variations will be discussed during your pre-operative phone consultation with a PA.\**

### Physical Therapy:

- Begin on post op day 1 or 2. Bring protocol and order provided on surgery day to initial PT visit.
- Attend PT 2-3 times per week for the first 2-3 months after surgery
- Expect to be in PT for 5-6 months following surgery

### First Post-op Clinic Appointment:

- Your first post-op clinic visit will be 10-14 days after surgery.

### Weight bearing after surgery:

- You will be non-weightbearing and using crutches for 8 weeks after surgery. This is a requirement, not a recommendation.

### Smoking, marijuana, and surgery:

- Dr. Chahla has a NO NICOTINE policy for surgical patients.
- For your safety and to promote successful outcomes, we recommend sustaining from marijuana use for 4 weeks post op. This includes oral, topical, and inhalation.

### Dressings and Showering:

- Remove tape and padded dressings on post op day 3.
- Please leave the steri-strips on until initial post-op appointment with one of Dr. Chahla's PAs.
- Do not shower until post op day 3. Beginning post op day 3, you can shower while keeping the incisions covered and dry. Do not submerge the incisions or use topical ointment for at least 4 weeks after surgery or until incision is fully healed.

### Return to Driving:

- You can return to driving once you are off crutches, no longer taking narcotics, and feel that you can come to an emergency stop. This is typically around 8-10 weeks post op.

### Return to Work/School:

- You can expect to return to desk work and/or school about 4-7 days after surgery

Scan here to learn more about Avascular Necrosis of the Femoral Head

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