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HIP ARTHROSCOPY POST-OP INSTRUCTIONS

MEDICATIONS:

- [Info.](#)

Incision Care

- [Info](#)

INFECTION PREVENTION:

[Info](#)

HIP BRACE & COLD THERAPY

UNIT:

Intro: Your surgeon recommends the use of an EXCYABIR Hip Brace and Cold Therapy Unit. If your insurance does not cover the

device or you cannot afford the copay for the brace it is not required for the procedure. However, the EXCYABIR Hip Brace and Cold Therapy Unit can help stabilize the joint, lessen impact, reduce excessive unwanted movements and control inflammation, pain, and edema by using cold therapy.

How do I put on and remove the brace?

Please [click here to view the HIP BRACE Patient Instruction VIDEO](#) for details on applying and removing the brace.

How often should I wear the brace?

It is most important to use the brace during the first weeks after your procedure.

Wearing the brace at night or while laying down will help prevent excessive unwanted movements as you rest. It is also a reminder for people around you to be cautious of your condition.

Should I wear the brace while walking?

It is not required but recommended. The brace can help provide support as you walk and reduce impact from heel strike.

Recommended during the first week weeks after your procedure.

How tight should I turn the dials?

The dials should be tightened until you feel a slight pull on the straps. DO NOT OVERTIGHTEN. The straps have elastic built into them to allow for micromovement.

Usually 1-2 full turns of the dials is enough although it may vary per patient.

How often should I use cold therapy?

Cryotherapy machine is recommended often within the first couple of weeks. Ensure the

pad is NOT directly on the skin. Ensure a barrier such as towel or pillowcase is always used if the pad is removed from the built-in barrier on the CryoKnee. Apply the cold therapy to the area for no more than 30 minutes at a time and remove cold therapy for 30 minutes (30 minutes ON – 30 minutes OFF) 5-10 times daily. DO NOT fall asleep with the cold therapy machine. It is recommended you set an alarm. [Click here for a VIDEO on the COLD THERAPY UNIT](#) setup, usage and precautions. If you did not opt for the Cold Therapy Machine, you can slip ice packs into cold pocket that velcros to the inside of the knee brace. [Click here for a VIDEO on inserting the COLD PACKS.](#)

Contraindications: Cryotherapy should not be used in patients: Who have significant vascular impairment in the affected region. (eg, from prior frostbite, diabetes, arteriosclerosis or ischemia) / Who have acute paroxysmal cold hemoglobinuria or cryoglobulinemia / Who have Raynaud's disease or cold hypersensitivity / Who have hypertension or extreme low blood pressure / Who have diabetes (neuropathy) (Unit should not be used on hands, elbows, feet or ankles of diabetic patients.) / Who have compromised circulation or neurological impairment (including) paralysis or localized compromise due to multiple surgical procedures) in the affected region / Who have cognitive disabilities.

Do I need to wear the brace while showering?

No, the brace can be removed to shower or bathe as permitted by your surgeon.

Physical Therapy

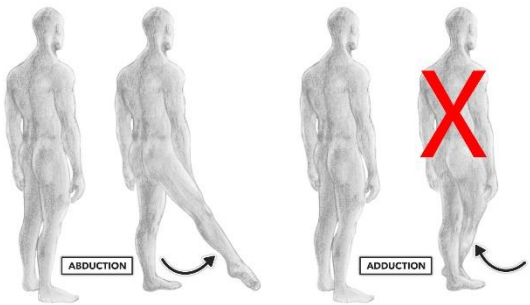
- Info

Weight bearing

- Info

Nighttime Positioning

- Info



Ice Machine:

- Info

Continuous Passive Motion Machine

- Info

General Activity Levels

- Info

Follow up

- Info

Please contact our office should you experience any of the following

- Info

EMERGENCIES

- Info.