



1830 Franklin Street, Suite 450  
Denver, Colorado 80218  
Phone: 303-321-1333  
Fax: 303-321-0620

**Dr. Brian White**

**Discharge Instructions**

**Gluteal Repair**

**IT Band Windowing**

**Trochanteric Bursectomy**

❖ **Follow-Up Appointment:**

- Please set up an appointment to see me after your procedure in 10-14 days from surgery. 303-321-1333.
- Please communicate that this is your first postoperative appointment.

❖ **Post-Op Care:** Please follow these instructions carefully. If you have any questions or concerns please contact a member of Dr. White's team at Western Orthopedics. 303-321-1333.

❖ **Weight Bearing:** You will be allowed to put 20% of your weight on your operative leg with the use of crutches or a walker. Your Physical Therapist at Porter will help you in determining what device is most appropriate for you. Your weight bearing restrictions are in affect for 6 weeks.

❖ **Range of Motion Restrictions:** You may not move your operative leg out to the side or cross it over the midline of your body. Use the purple pillow at night while sleeping to prevent moving your leg across the midline. These restrictions are in place for 6 weeks. Use the purple pillow for the entire 6 weeks.

❖ **Diet:** You may eat a regular diet, if not nauseated. Drink plenty of non-alcoholic, non-caffeinated fluids.

❖ **Dressings and Wound Care:**

- The first post-op dressing change should occur on the second day after surgery.
- An Aquacel dressing will be used to cover the wound completely to allow showering during this period and to keep the wound dry. The dressing can remain in place for one (1) week, unless it becomes loose or saturated. If this occurs, please use the extra dressing sent home with your to replace the dressing. Otherwise, plan to change it in one (1) week.
- DO NOT touch, or apply ointment to the incisions.
- At each dressing change evaluate the incision for excessive drainage, redness surrounding the incision or red streaks coming away from it, increased pain, and increased temperature. There are all signs of infection. If you have questions or concerns, please phone immediately. 303-321-1333.

❖ **Sutures:** In most cases, your incisions will have "tags" on the outside of the skin at either end of the wound. At your two (2) week post-op appointment, the sutures and/or tags will be removed. Please do not try to remove them on your own.

- ❖ **Bathing:** It is important to keep the incision dry at all times for the first two (2) weeks post op. The waterproof Aquacel dressing will keep the incisions dry. Avoid baths, swimming pools or soaking in a hot tub until all incisions are completely healed, usually in about two (2) to three (3) weeks. (It is recommended that you stay out of a hot tub for six (6) weeks).
- ❖ **Driving:** You cannot drive until you are off of narcotic pain medications. The determination of when to drive is based on when you feel that your braking time is not affected by your surgery and you can do it safely. For the right leg, this may be at 4-6 weeks. It may be sooner on the left. Please use caution in the beginning and consider first practicing in an empty parking lot.
- ❖ **Physical Therapy:**
  - Please make an appointment for your Physical Therapy to begin as soon as possible after surgery (in the next day or two). I believe that working hard and getting started early with Physical Therapy and doing the exercises regularly at home is critical for a successful outcome.
  - You will be given specific exercises to follow at different time frames during your rehabilitation. Follow these instructions carefully. If you have any questions please phone 303-321-1333.
- ❖ **SWELLING, INFLAMMATION CONTROL AND REACHING YOUR RANGE OF MOTION GOALS ARE THE PRIMARY FOCUS FOR THE FIRST TWO (2) WEEKS AFTER SURGERY.** The following will help you reach your goals:
  - Ice: Ice your hip 5-6 times a day 30 minutes at a time. This can be achieved in a number of ways: ice bags, durakolds, freezer wraps or frozen peas can be used. If you purchased or rented a Vascutherm unit, use it as much as possible (using the above intervals for a total of at least 3-4 hours a day). Whatever the means, be very diligent with your icing. Be sure to put a thin sheet such as a T-shirt next to your skin while icing, as the ice can cause frost bite.
- ❖ **Range of motion:** Exercise will help to decrease the amount of swelling. Follow your specific protocol of activities and stay within the limitations outlines in your physical therapy protocol.
  - No abduction (lifting leg out to your side) or adduction (crossing your leg across the midline) for 6 weeks.
  - You will need to use the A frame abduction pillow while in bed for 6 weeks.
  - If you had a glute medius repair, you will also be given a hip immobilizer brace to wear while you are ambulating for 6 weeks. This will prevent abduction (lifting your leg out to your side) and adduction (crossing your leg across the midline) of your operative leg, which protects the tendon repair while it heals.
- ❖ **A-Frame Pillow:** This should be used at night for 6 weeks to prevent moving your leg across the midline.
- ❖ **Medications:** You will be discharged with medications. See additional handout for further detail.