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DRCL

Trochanteric bursectomy, IT band lengthening Post-Op Instructions

Sports Medicine

MEDICATION

- A strong pain medication has been prescribed for you. Take as instructed and as needed.
 - o Pain medication may cause constipation. You may take an over the counter stool softener (Colace, Senekot, etc) to help prevent this problem.
 - o You should take these medicines with food or they may nauseate you.
 - o You may not drive or operate heavy equipment while on narcotics
- If you have a nerve block, begin taking the pills as you feel your sensation returning to prevent a sudden onset of extreme pain (typically 10-12 hours after your surgery). **DO NOT WAIT UNTIL THE BLOCK COMPLETELY WEARS OFF.**
 - o Most patients find it helpful to take two pills 10-12 hours after surgery and another 1-2, four hours later to help transition to oral pain medications.
 - o The first 48 hours are typically the worst for pain and gradually improves.
- You will be prescribed **Aspirin** for prevention of blood clots, begin the day AFTER surgery.
- Resume all home medications unless otherwise instructed.
- Call immediately to the office, (979) 776-0169, if you are having an adverse reaction to the medicine or have any questions

WOUND CARE

- Leave your bandage on. You can shower over the bandage but do not submerge UNDER water (no baths, hot tubs, pools yet)

Dr. Colten Luedke, Orthopaedic Surgery -(979) 776-0169

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CRUTCHES

- You can place full weight on the leg after surgery

BRACE

- You should not need a brace after surgery unless specifically instructed and provided

EXERCISE

- No moving the hip past 90° flexion, No internal rotation or turning the knee inward, No Abduction (moving leg outwards as in getting out of a car) past 10°, no climbing stairs or sitting in low lying chairs

SLEEP

- Nighttime will probably be the most uncomfortable time. You should use the sleeping aid as prescribed or take a Benadryl if needed to assist you in resting well.

COLD THERAPY

- Ice or cryo-cuff (if you are given one) should be used for comfort and swelling. Use it at least 20 minutes at a time. Many patients use it an hour on then an hour off while awake for the first 2-3 days.
- Never apply directly to exposed skin. Place a dishtowel or t-shirt between your skin and the ice or cryo-cuff.
- A simple bag of frozen peas may be used as an inexpensive ice pack. Buy several bags of peas, place in a gallon size zip-lock bag making them about an inch thick and removing as much air as possible. Return to freezer, lying flat after you have finished.

BRUISING

- The lower leg may become swollen and bruised, which is normal.



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This is from the fluid and blood from the knee moving down the leg and should resolve in 10- 14 days.

- If you experience severe calf pain and swelling, call the office immediately.

EMERGENCIES • If you have an emergency contact Dr. Luedke's office at (979) 776-0169 and he will be contacted.

- Contact the office if you notice any of the following:
 - Uncontrolled nausea or vomiting
 - reaction to medication
 - inability to urinate
 - fever greater than 101.5 (low grade fevers 1-2 days after surgery is normal)
 - severe pain not relieved by pain medication/ice/elevation of leg
 - redness or continued drainage around incisions (a small amount is normal for a few days)
 - calf pain or severe swelling.
- **If you are having chest pain or difficulty breathing, call 911 or go to the closest emergency room.**

DRIVING – if surgery is on the right leg

- You may drive when off all narcotics and have stopped using crutches. Typically this is at 4-6 weeks when cleared by your physician
- You must be able to brake firmly and comfortably.

If you have any questions, please do not hesitate to contact the office.