



Discharge Instructions After Hip Aspiration Arthrogram

FOLLOWING YOUR PROCEDURE YOU MUST REMEMBER...

- It is preferable to rest for 24 hours following the procedure.
- Do not drink alcoholic beverages (beer and wine included) for 24 hours following the procedure.
- Delay making important decisions until you are fully recovered.
- IF ANESTHESIA WAS ADMINISTERED, do not drive any vehicle, ride a motorcycle or operate heavy machinery for 48 hours following the procedure.
- IF ANESTHESIA WAS ADMINISTERED, have a sponsor drive you home.

DRESSINGS/WOUND CARE:

- If you have a dressing, remove it the following morning. It is okay to shower after that.

ACTIVITY:

- Limit the amount of strenuous exercise to a minimum. You may walk as much as tolerated.

DIET:

- You may return to your normal daily diet.

MEDICATION:

- Pain medications should be kept to a minimum in order to determine effectiveness of the procedure.
- All other routine daily medications should be restarted unless specified by your physician.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR SURGERY
PLEASE CALL OUR OFFICE AT 440.285.4999.**