

## Discharge Instructions for Hip Injection

**Activities:**

As tolerated.

**Medications:**

- Please use narcotic medications (Norco, Percocet) sparingly and slowly try to decrease the amount and frequency over the next two weeks. Many patients find that taking it an hour before therapy and before going to bed is very helpful in managing pain.
- Over the counter medications such as an anti-inflammatory (Aleve) or acetaminophen (Tylenol) can help reduce pain. If you choose to take anything other than what was prescribed, please consult the pharmacist to ensure that you are not overdosing on a certain class of medication which can lead to severe kidney/liver damage.
- One of the side effects of narcotics is constipation. Be sure you drink plenty of fluids, and take a fiber supplement such as methylcellulose (Citrucel) or psyllium (Metamucil) or a stool softener like docusate (Colace).
- Please continue all medications that you were taking prior to your surgery in addition to the medications prescribed for post-operative pain. If you have questions regarding those medications that you were on prior to surgery, please contact your primary care physician.

**Driving:**

No driving while on narcotic medications or if you feel you do not have full control of your leg.

**Work:**

Return to work as tolerated.

**Follow up appointment:**

You should already have a follow-up office visit about 2 weeks following your procedure date. If you do not have this set up yet, please call the office immediately to schedule.

**Contact the office immediately if you have one or more of these symptoms:**

- Pain that is increasing in spite of taking pain medication
- Increasing redness around the hip
- Fever greater than 101 degrees
- Increasing pain with walking
- Unable to keep food or water down for more than one day

***\*If there is an emergency and you are unable to reach anyone in the office, please go straight to the emergency room.***

**Call 911** anytime you think you may need emergency care. For example, call if:

You pass out (lose consciousness).

You have severe trouble breathing.

You have sudden chest pain and shortness of breath, or you cough up blood.

You have severe nausea or vomiting.