



Post-op Instructions for Hip Trochanteric Bursectomy Surgery

Dressing Changes:

1. Keep the incision clean and dry. No showering until PA Sandquist/Dr. Sayeed permit this at your follow up appointment. You will sponge-bathe in the meantime.
2. You should have been given a dressing at the hospital. You will change your surgical dressing after 1 week to the new dressing that you were provided with at the hospital.
3. You will notice a mesh-type dressing over the incision. This will fall off on it's own. DO NOT pull off.

Swelling:

1. Swelling is expected after surgery.
2. To reduce swelling, elevate your leg as much as possible above your heart level and ice.
3. You may use ice 15-20 minutes every 2-3 hours. Make sure to use a towel between the ice pack and skin to prevent freezer burn.

Requirements:

1. You will be toe-touch weight bearing (DO NOT walk on the foot) for ~4 weeks with your walker. Dr. Sayeed/PA Sandquist will let you know at your follow up appointment if you may discontinue the walker.
2. You may only bear 40 lb of weight on the foot. You can help yourself determine this weight by stepping onto a scale.
3. You must use the abductor pillow that you will get from the hospital when sleeping.
4. You cannot lay on your side. You must lay on your back.
5. No active hip abduction for ~4 weeks.



Pain Control:

1. Take your Tramadol or Tylenol #3 with Codeine (Acetaminophen/APAP with Codeine) every 6 hours. If pain is not well controlled with one tablet, you may increase to 2 tablets.

*Note: If you have any questions, you may call the office at (210)696-2663.