

## Frequently Asked Q's

### When can I take a shower?

**5 days after surgery. After you remove the outer white dressing and cover incisions with waterproof bandages**

### When can I drive?

**After 6 weeks when your brace comes off, you may drive, provided that you have not been instructed otherwise.**

### My surgery video won't work?

**The DVD is created to only work on a computer (both Mac and PC). You may have to download special drivers to play this video.**

**Why are there many files of my surgery? Clips of your surgery are recorded for you to see and hear what has been found and fixed in your surgery.**

## Questions

If you have any questions, concerns, or problems, please call my office at 902- 473-7626, or after hours, call the Nova Scotia Nursing 811 number. Failing this, you may contact your family doctor, or as a last resort for urgent problems, you may go to the nearest Emergency Department if you wish.

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## Hip Surgery

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## 1-2 wks before Surgery

### Pre-op Clinic

You might be scheduled for a visit with a nurse or doctor to review your current health and medical requirements for surgery. You will need a general anesthetic for surgery so you will sleep throughout the operation. If you require this you will be contacted.

### Family Doctor

Please inform your family doctor that you will be undergoing surgery and determine if there is anything that needs to be changed with your medication.

### Physiotherapy

You should already have a prescription for bracing and physiotherapy prior to surgery. The fitting of the brace should be done a few days before surgery.

## Night Before Surgery

### No Food or drink

After midnight the day before

## Day of Surgery

**Mobile Phone/Home Phone** Keep your phone nearby. The Trauma center schedule may change quickly, so be prepared to come in early if you are called

**Plan to arrive early** Bring your braces, crutches, ice machine, and Durolane (if prescribed)

## After Surgery

**Follow-up appointment** will be approximately, 2 weeks after your surgery at the QE II Health Sciences Centre, Ortho / Fracture Clinic. This is will be booked for you automatically.

**If you have not received notification of this appointment 1 week post-op, please call 902-473-4166. Please leave a message and your call will be returned**

**Compression/Wicking Dressing (White dressing)** Leave on and keep dry for 5 days, then remove dressing with foam pads and place clean waterproof dressing over incisions

**Cold Therapy Unit** Use as needed for 2 weeks or longer. This will help lessen your pain after surgery, decrease the swelling, and allow you to use less pain medication.

### Brace and Crutches

Use your brace crutches as for the first 6 weeks to ensure your walking pattern is symmetrical.

**Physiotherapy** Post-op physio will commence between 1-2 days after surgery..

## Routine Ortho / Fracture Clinic Visits

**2 week** You will have hip X-rays, stitches removed, and physiotherapy plan reviewed

**6 week** Your hip is just starting to heal. You can now will start more hip stretching and mobilization.

**3 month** Please bring a report from the physiotherapist regarding your progress

**6 month** Complete a survey on how your hip feels

**1 year and yearly** Visits as required