

**Travis Maak, MD**  
**Hip Scope Post-Op Orders Guide**

**Post Op**

- Indocin 75 mg PO Daily x 4 days followed by Voltaren 75 daily (starting POD #5) for balance of 6 weeks (Sig: #40)
- Prilosec x 6weeks (Sig: #42)
- Percocet/Norco (Sig: #40)
- PWB w/ Crutches x 2 weeks
- CPM 30-70, advance as tolerated for home; keep for 2 weeks until good ROM
- *(exercise bike can substitute for cpm)*
- Advance to FWB at 2 week wound check visit, focus on ROM only until 6 weeks
- No running until 3 months, RTP 4-6 months