

What is hip arthroscopy?

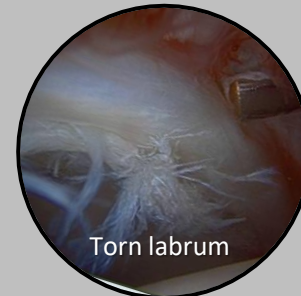
- minimally-invasive procedure for hip injuries and conditions
- small camera inserted into the hip to facilitate surgery
- small portals created in skin
- highly specialized instruments used to complete the surgery which may include labral repair, cartilage repair, shaving of the bone, etc.

What conditions are treated with hip arthroscopy?

- labral tears
- cartilage damage
- femoro-acetabular impingement (FAI)
 - cam and/or pincer deformities
- loose fragments in joint
- gluteal and hamstring tendon tears

When is isolated hip arthroscopy not effective?

- hip dysplasia / hip instability
- hip arthritis
- osteonecrosis or AVN
- significant pelvic or femoral deformity or malalignment



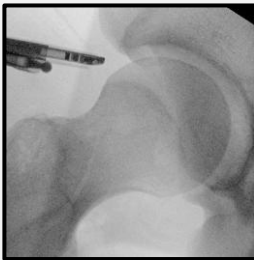
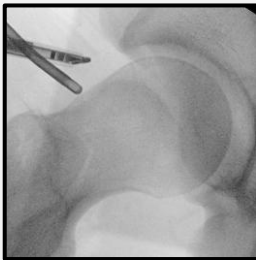
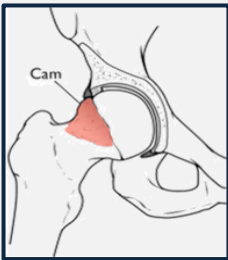
Torn labrum



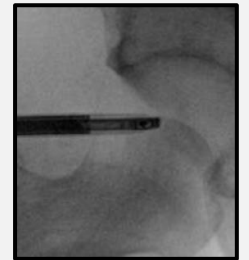
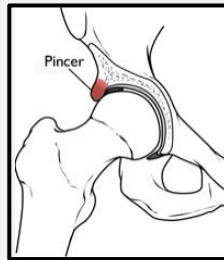
Repaired labrum

Arthroscopic Labral Repair

Femoral osteoplasty for cam impingement



Acetabuloplasty for pincer impingement



What to expect the day of surgery?

- out-patient surgery (go home same day)
- surgery takes about 1 to 2 hours depending on the procedure
- requires general or regional anesthesia
- hip joint is distracted using a specialized table
- 2 to 3 small incisions used for surgery
- X-ray is used during surgery to help bony correction
- fluid used throughout the surgery to irrigate the joint
- bandage applied in the OR
- crutches provided for protected weight-bearing
- post-op instruction reviewed prior to discharge

Complications are rare but may include:

- transient or permanent numbness or pain in the front or side of the thigh
- progression of labral tearing and/or arthritis
- stiffness / adhesion formation around the joint
- hip instability
- abnormal bone formation in the soft tissue
- superficial or deep infection
- blood clots
- unresolved or persistent pain

What to expect after surgery?

- protected weight bearing for about 4 weeks
- some surgeons use a post-operative brace to protect hip
- physical therapy is critical and typically starts within a few days of surgery and may continue for 3 to 4 months after surgery
- limited ability to drive after surgery
- plan to take significant time off from work to recover

