



## Hip Arthroscopy

What is hip arthroscopy?

- Hip arthroscopy may relieve painful symptoms of many problems that damage the labrum, articular cartilage, or other soft tissues surrounding the joint. Although this damage can result from an injury, other orthopedic conditions can lead to these problems, such as:
  - Femoroacetabular impingement (FAI) is a disorder where bone spurs (bone overgrowth) around the socket or the femoral head cause damage.
  - Dysplasia is a condition where the socket is abnormally shallow and makes the labrum more susceptible to tearing.
  - Snapping hip syndromes cause a tendon to rub across the outside of the joint. This type of snapping or popping is often harmless and does not need treatment. In some cases, however, the tendon is damaged from the repeated rubbing.
  - Synovitis causes the tissues that surround the joint to become inflamed.
  - Loose bodies are fragments of bone or cartilage that become loose and move around within the joint.
  - Hip joint infection.
- At the start of the procedure, your leg will be put in traction. This means that your hip will be pulled away from the socket enough for your surgeon to insert instruments, see the entire joint, and perform the treatments needed.
- After traction is applied, your surgeon will make a small puncture in your hip (about the size of a buttonhole) for the arthroscope. Through the arthroscope, he can view the inside of your hip and identify damage.
- Most people can return to work in 4 weeks to 3 months depending on the operation performed as well as the type of work you do.

What happens on the day of surgery?

- Surgery will take approximately 2 hours.
- You will have a large bandage on your hip. Your hip and leg may be swollen and sore.
- You will go home 1-2 hours after being in the recovery room.

Immediate Post Op:

- Limit activity for 24 hours.
- Be sure you have someone to drive you home and stay with you for at least 24 hours.
- Do not drive until instructed to do so.
- If you had general anesthesia, a sore throat may be experienced. Drink cold fluids, chew ice chips, or use throat lozenges to help relieve discomfort.
- Rest today, increase activity tomorrow, as tolerated.
- Use ice packs one hour on/one hour off, especially for the first 24-48 hours.

### Your Recovery:

- You will have staples or stitches with a bandage. You may remove the bandage in 3 days.
- You may shower in 3 days once the dressing is removed. Wash incisions with antibacterial soap and pat dry. No tub baths, pools or other activities in which your incisions are submerged in water until sutures or staples are removed.
- Staples or stitches will be removed at the first post-operative visit 7-10 days after surgery. Please make sure you have a follow up appointment scheduled.
- Normal swelling is reduced in the morning and will accumulate during the day. Reduce swelling by elevating your legs or lying down. You may use ice.
- You will need to be partial weight-bearing with crutches for 4-6 weeks.
- You may resume light exercise such as exercise bike or walking 6 weeks after surgery.
- Take medicine as directed.
- If you smoke, we strongly encourage you to stop. Smoking slows your body's ability to heal.

### Call the doctor if:

- Pain does not get better after taking pain medicine
- Inability to urinate
- Loose stitches or incision comes open
- Incision bleeds through large bandage
- Increased sign of infection: pain, swelling, warmth, redness, drainage, red streaks from incision fever, chills
- Increased sign of blood clot: pain in the calf, back of the knee, thigh or groin, redness and swelling in your leg and groin.
- **IF YOU EXPERIENCE CHEST PAIN AND/OR DIFFICULTY BREATHING, CALL 911.**