

Hip Arthroscopy

What is Hip Arthroscopy?

Arthroscopy is a surgical procedure that gives doctors a clear view of the inside of a joint. This helps them diagnose and treat joint problems.

During hip arthroscopy, your surgeon inserts a small camera, called an arthroscope, into your hip joint. The camera displays pictures on a television screen, and your surgeon uses these images to guide miniature surgical instruments.

When is it used?

Your doctor may recommend hip arthroscopy if you have a painful condition that does not respond to nonsurgical treatment.

Hip arthroscopy may relieve painful symptoms of many problems that damage the labrum, articular cartilage, or other soft tissues surrounding the joint. It can also help reduce inflammation. In an injured or diseased hip joint, inflammation causes swelling, pain, and stiffness.

How do I prepare for Hip Arthroscopy?

After an examination from your physician, you will

have to be medically cleared for surgery. Be sure to inform your orthopaedic surgeon of any medications or supplements that you take so he or she can inform you of which ones to stop and take prior to surgery. This procedure is usually preformed outpatient, meaning you will not need to stay overnight at the hospital.

The hospital or surgery center will contact you ahead of time to provide specific details of your procedure. Make sure to follow the instructions on when to arrive and *especially on when to stop eating or drinking prior to your procedure.*

What happens during the procedure?

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 or she can view the inside of your hip and identify damage. Your surgeon will insert other instruments through separate incisions to treat the problem. A range of procedures can be done, depending on your needs.

What happens after the procedure?

After surgery, you will stay in the recovery room for 1 to 2 hours before being discharged home. You will need someone to drive you home and stay with you at least the first night. You can also expect to be on crutches, or a walker, for some period of time. Your surgeon will develop a rehabilitation plan based on the surgical procedures you required. In some cases, crutches are necessary, but only until any limping has stopped. If you required a more extensive procedure, however, you may need crutches for 1 to 2 months. In most cases, physical therapy is necessary to achieve the best recovery.

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What are the risks?

Complications from hip arthroscopy are uncommon. Any surgery in the hip joint carries a small risk of injury to the surrounding nerves or vessels, or the joint itself. The traction needed for the procedure can stretch nerves and cause numbness, but this is usually temporary. There are also small risks of infection, as well as blood clots forming in the legs (deep vein thrombosis).

You should discuss treatment options and possible risks with your surgeon.

What are the benefits of this procedure?

Your hip problem may be corrected without a large incision, which requires a longer stay in the hospital, more discomfort, and greater expense.

