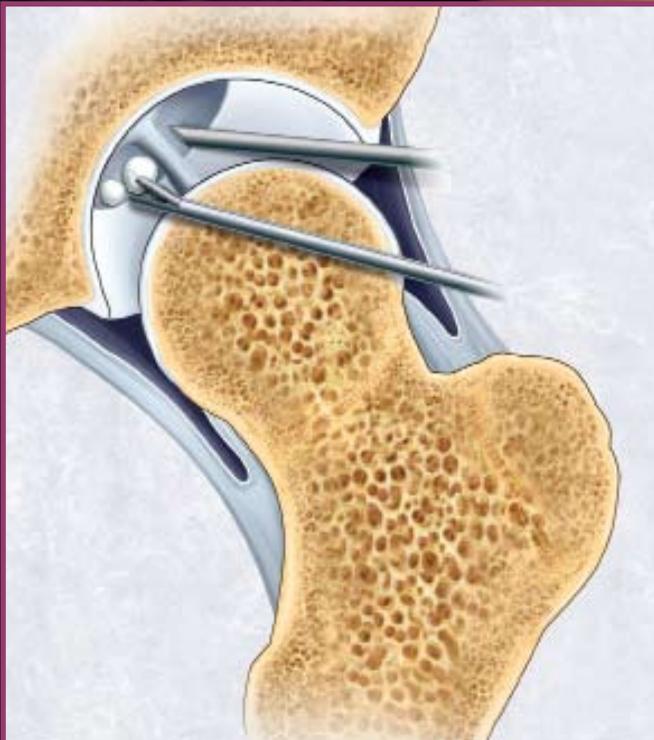


Hip Arthroscopy



Treating
Bone and
Cartilage
Loose
Bodies

Fixing Your Hip Problem

Whether walking, riding a bike, or even sitting in a chair, you are using your hip joints. These flexible joints help the legs move freely. A problem with your hip joint can keep you from moving well. It may also cause pain. Your healthcare provider is suggesting a procedure called **arthroscopy**. Using only small incisions and special instruments, it can help detect and treat hip problems like yours. Read on to learn more.

A Normal Hip

The hip is a **ball-and-socket joint**. This type of joint allows a wide range of movement. The hip joint includes the following parts:

Acetabulum: The “socket” part of the joint. It encloses the “ball” of the joint, called the **femoral head** (the head of the **femur**, or thigh bone).

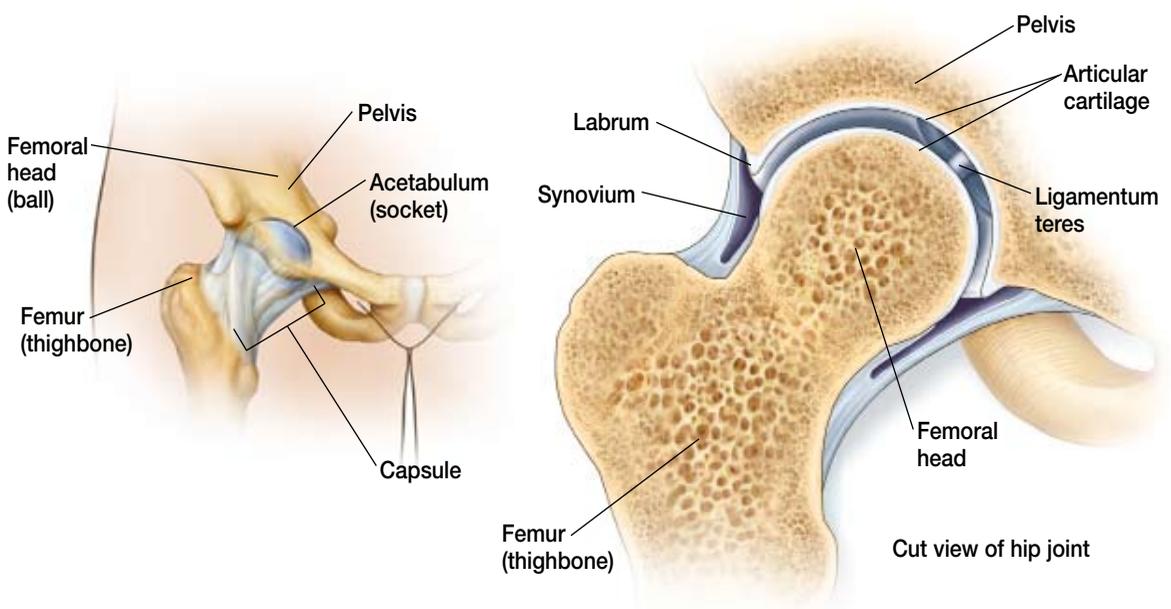
Articular cartilage: Firm tissue that covers the ball and lines the socket. It helps the ball move smoothly within the socket.

Capsule: A bundle of ligaments and tissue that encloses the joint. It helps hold the ball in the socket.

Labrum: A strong, flexible ring of cartilage attached to the edge of the socket. It deepens the socket.

Ligament: A band of tissue that connects bone to bone. The **ligamentum teres** helps connect the ball to the socket.

Synovium: A membrane that lines the inside of the capsule. It makes fluid that lubricates the joint.



Preparing for Your Arthroscopy

Hip arthroscopy can be used to fix the problem with your hip joint. It may relieve much or all of your hip pain. In fact, you may be moving around more easily soon after surgery. But it can take several months for you to fully heal. And you'll likely need to commit to a prescribed rehabilitation (rehab) plan. Discuss your surgery and your goals with your surgeon. And learn what to do to prepare for surgery.

Meeting With Your Surgeon

You will have tests to be sure you are healthy enough for surgery. Then, you will likely meet with your surgeon.

At this meeting:

- Your surgeon may explain more about the surgery and discuss risks with you.
- You may be told to not eat or drink anything for at least 8 hours before surgery.
- You should tell your surgeon what medications you take. And ask if you should stop taking any of them.
- You may be given a prescription for pain medication to take after the surgery.



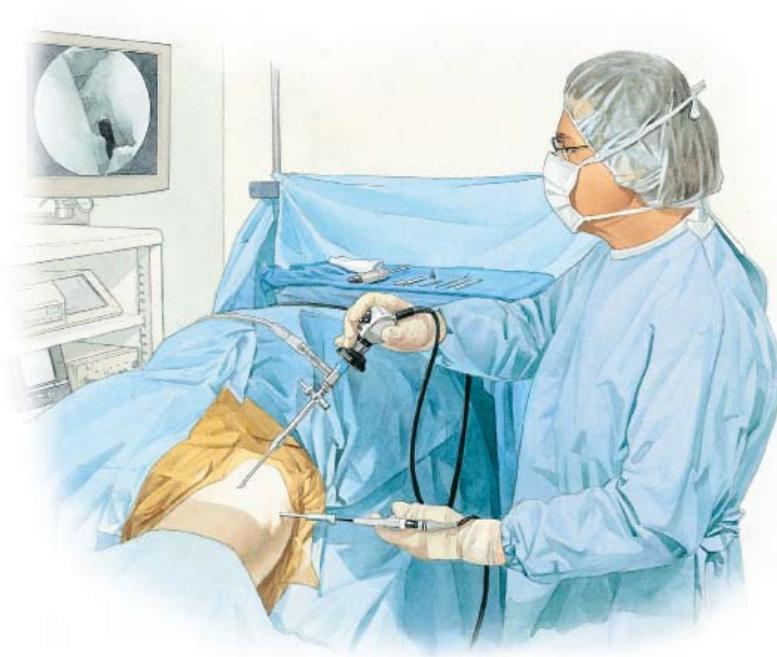
Risks and Complications of Hip Arthroscopy

Although safe, hip arthroscopy has certain risks and possible complications. These include:

- Nerve injury
- Infection
- Bleeding
- Blood clots
- Continued or increased hip pain
- Damage to articular cartilage or labrum

Treating Hip Problems with Arthroscopy

The arthroscopy will be done in a hospital or surgical center. During the procedure, the loose bodies in your hip joint will be examined and removed. This can help relieve your symptoms of pain or problems moving. To prepare for your arthroscopy, follow all the instructions you are given.

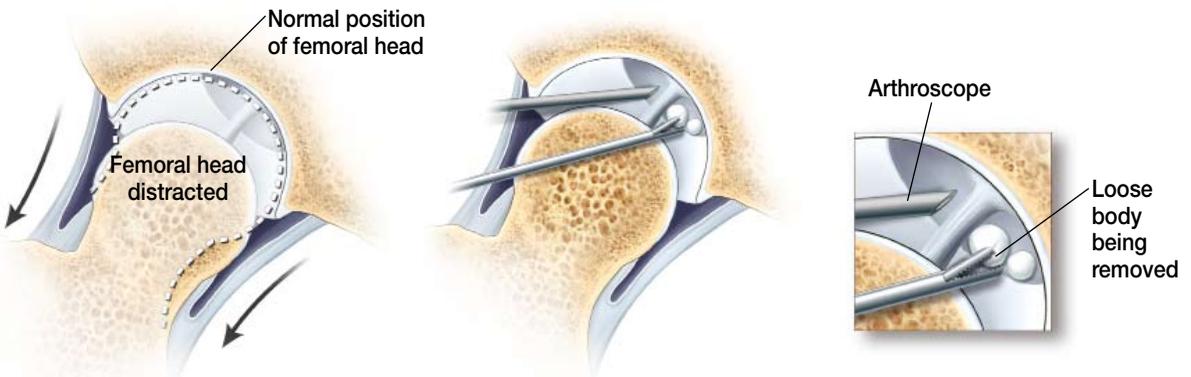


The Day of Your Surgery

- Arrive at the hospital or surgery center with enough time to check in. You will be given a gown to change into.
- You may be asked by several people to confirm which hip is being operated on. This is for your safety. Your injured hip may also be marked with a pen.
- Just after going into the operating room, you will be given **general anesthesia**. This medication puts you into a state like deep sleep through surgery.

During Arthroscopy

- Your leg is gently pulled to **distract**, or widen, the hip joint.
- The surgeon makes a few small incisions called **portals**. Through these portals, he or she inserts surgical tools, including the arthroscope.
- The arthroscope sends images of the joint to a video screen. These images allow the surgeon to look inside the joint. The joint is filled with sterile fluid to help the surgeon see more clearly.
- The surgeon removes any loose bodies.
- When the procedure is done, the tools are removed and the incisions are closed.
- You are taken to a recovery area. There, you wake up from the anesthesia.



The hip joint is gently distracted to allow the surgeon to access the joint.

Pieces of bone or cartilage are loose in the joint. They can cause painful joint locking and catching.

The loose bodies are removed. Large pieces are first broken up.

In the Recovery Room

You are in the recovery room for a short time after your procedure. While you're there, hospital staff make sure you can eat, drink, and urinate. They also help you get up and walking soon after your procedure. In addition, staff check on your bandage (dressing). This may be replaced with a smaller bandage a few days after surgery.

After Hip Arthroscopy

You will likely go home the day of your surgery. Before you go home, you will be told how to care for your hip as it heals. You can do a lot to help yourself heal. Follow all instructions you are given, including those listed on these pages. Also, commit to doing your rehab exercises as prescribed by your surgeon.

Going Home

You are likely given crutches or a walker to bring home with you. You're told how long to use them. You're also told how much you can walk or stand on the operated leg. This depends on the type of procedure you had. You may be given a brace to wear. You may also be told to wear compression stockings for a few days after surgery to help prevent blood clots.



Have an adult family member or friend drive you home after your procedure.

Your Follow-Up Visit

You'll probably have a follow-up appointment 1 to 2 weeks after surgery. At this visit, any sutures are removed. Your surgeon may also prescribe physical therapy.

When to Call the Doctor

Call your surgeon or doctor if you have any of the following:

- Shortness of breath, coughing up of blood, or chest pain
- Increasing pain, or pain not controlled by medication
- Pain and swelling in the calf or thigh
- Fever, drainage from the wound, or other signs of infection

Managing Pain

Take your pain medications as directed. Don't wait until the pain gets severe. Also, ice your hip 3 to 4 times a day for 15 to 20 minutes at a time. Try using a bag of frozen peas or an ice pack made for the hip.

Other Care

- Keep your bandage dry as directed by your surgeon. This may mean taking sponge baths instead of showers.
- How much time off from work you'll need depends on the procedure you had and your job. Your surgeon will discuss this with you.
- If you can't walk on your operated leg, be sure to use your crutches or walker properly. Don't hop around on one foot, even for short distances.
- If you are taking narcotics to manage your pain, they may cause constipation. Ask your doctor about using a stool softener to help with this.

Get Moving for a Faster Recovery

You can speed your recovery by moving around right after surgery. Walk and do simple exercises to make your hip stronger and more flexible. Ask your surgeon for suggested exercises. Be as active as your surgeon recommends and is comfortable for you.



This exercise can help strengthen the muscles around your hip joint. **Note: Only do this exercise if instructed by your surgeon.**

1. Lie on your side and lift the affected leg 12 to 24 inches.
2. Hold for 5 seconds, then slowly lower to starting position. Repeat.

Physical Therapy

Physical therapy (PT) is a program of exercise guided by a physical therapist. PT can help you regain movement and strength in your hip. The program is tailored to your hip problem and the procedure done to treat it. You may start PT when your surgeon feels you are ready, often shortly after surgery.

Your Surgery Checklist

The list below outlines what to do before and after your surgery. If you have questions, be sure to get them answered before the surgery.

Before Surgery

- Tell your surgeon what medications, supplements, or herbal remedies you take. Ask if you should stop taking any of them before surgery.
- If possible, fill any prescriptions for post-op pain medications before you have the procedure.
- Confirm what time you should arrive at the hospital or surgery center. Arrange for an adult family member or friend to give you a ride to and from surgery.
- Don't eat or drink anything for at least 8 hours before your procedure.

After Surgery

- Change your dressing and take care of your incisions as instructed. Do not bathe until your surgeon has told you you can do so.
- Use ice as instructed to reduce swelling and pain.
- If you were given crutches or a walker, use them as instructed.
- See your surgeon for a follow-up visit.
- Do rehab exercises as prescribed.
- Ask your surgeon what activities you should avoid.

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