

# HIP ARTHROSCOPY

A PATIENT'S GUIDE TO  
QUESTIONS AND ANSWERS



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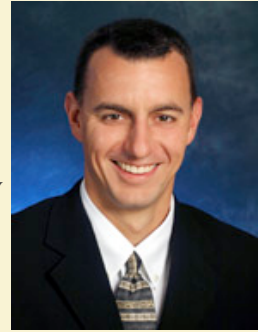
UNIVERSITY OF TENNESSEE MEDICAL  
CENTER



Dr. William Oros has been in Knoxville for 10 years practicing at UOS as an orthopedic surgeon.

He has taken a special interest in hip arthroscopy over the last few years.

His interest in minimally invasive surgery stems from his care of seriously injured patients involving significant hip joint trauma. He has performed numerous hip arthroscopy procedures and has become well versed in their techniques, learning from those who are leaders in the field.



**IF YOU OR SOMEONE YOU KNOW HAS HIP PROBLEMS THAT SIGNIFICANTLY LIMITS YOUR DAILY ACTIVITIES; IF PAIN IS PREVENTING YOU FROM DOING THE THINGS YOU ENJOY MOST; IF YOU HAVE FAILED OTHER METHODS OF TREATMENT, BUT ARE TRYING TO AVOID HIP REPLACEMENT SURGERY - MINIMALLY INVASIVE ARTHROSCOPIC SURGERY OF THE HIP MAY BE THE ANSWER FOR YOU.**

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**PROBLEMS THAT CAN BE ADDRESSED DURING HIP ARTHROSCOPY INCLUDE:**

- ~CATCHING FROM LOOSE BODIES
- ~HIP JOINT IMPINGEMENT LEADING TO PAIN AND LOSS OF MOTION
- ~EARLY ARTHRITIS
- ~PAINFUL/SNAPPING HIP SYNDROMES
- ~CARTILAGE OR LABRAL TEARS
- ~CHRONIC HIP BURSITIS



**WHY CONSIDER HIP  
ARTHROSCOPY?**

- Minimally invasive procedure
- Utilizes small incisions
- Minimal trauma to surrounding muscle allowing for faster recovery
- Can prevent need for hip replacement



# Hip Joint Arthroscopy

## *What is hip joint arthroscopy?*

Arthroscopic surgery of the hip uses small incisions to allow surgeons to use small tools and fiberoptic cameras to safely maneuver around the hip joint. It allows for assessment of damaged tissue along with the ability to perform corrective procedures as needed. Before hip arthroscopy, large incisions and extensive open procedures were required to access the hip joint. Minimally invasive hip arthroscopy allows for relatively faster recovery.

## *How can arthroscopy help?*

Many patients with early damage to the hip joint experience symptoms such as pain, catching or giving way which can be significantly improved by arthroscopy. Arthroscopy can also be used to correct conditions of the hip joint which have been associated with the development of osteoarthritis.

## *How is it performed?*

Hip arthroscopy is performed under general anesthesia to ensure the muscles surrounding the joint are adequately relaxed to conduct the procedure. Between two and four incisions, each approximately 2 cm in length, are made around the hip to place the camera and surgical instruments into the joint. Hip arthroscopy usually takes between 1-2 hours - depending on the procedure.

## *What should I expect after my surgery?*

Most patients experience only mild or moderate discomfort when they wake up after a hip arthroscopy, due to a combination of local anesthetic placed into the joint and the general anesthetic. Most patients will go home the same day.

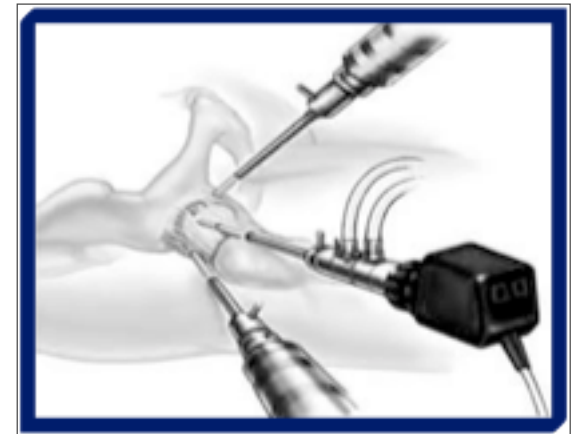
## *What will the recovery be like?*

Unless you are told otherwise, you can bear as much weight on your leg as comfort allows immediately after the surgery. Crutches may be used where necessary, and are usually required for 12-15 days. It is important not to over-exert too early after the procedure as this can increase the discomfort and swelling. Gradually reintroduce activities within your level of comfort. You can drive a car as soon as strong analgesics are no longer required and you feel capable of safely controlling the motor vehicle. People with desk jobs can return to work as early as 1-2 weeks, while people in more manual employment often require 8 weeks. Sporting activity can often be reintroduced from 6-12 weeks, depending on the surgery and activity. Some patients will continue to have mild discomfort 3-4 months after the procedure.

## *What are the risks of surgery?*

Hip arthroscopy is a very safe procedure. The most common side effect of hip arthroscopy is temporary discomfort, slight bruising or numbness around the foot or groin related to the traction placed on the hip during the procedure. Serious complications such as infection, bone fracture or permanent nerve injury are extremely rare.

Dr. Oros will discuss the operation with you in detail prior to your procedure.



## *Is physical therapy required after arthroscopy?*

While not mandatory, regular physical therapy is essential during the recovery period to assist in rapid recovery of joint function and muscular control. Contact details for physiotherapists with experience in treating patients after hip arthroscopy can be provided.