

HIP ARTHROSCOPY PRE-OP INFORMATION

WHAT IS ARTHROSCOPY?

Hip arthroscopy is a sterile procedure that allows direct visualization of the hip joint to diagnose and treat problems. The word arthroscopy comes from the Greek “arthro” (joint) and “skopein” (to look), meaning “to look within the joint”. Dr. Beamer makes a small incision in the skin and inserts a pencil-sized instrument that contains a small lens and lighting system to magnify and illuminate the structures inside the hip joint. The television camera attached to the arthroscope displays the image of the joint on a television screen.

WHY IS ARTHROSCOPY NECESSARY?

Diagnosing joint injuries and disease begins with a thorough medical history, physical examination, and usually x-rays and/or imaging (CT scan/ MRI). The arthroscope allows Dr. Beamer to make a final diagnosis and treat it. Hip impingement, labral tear, loose bodies, and cartilage injury are the most common reasons for hip arthroscopy.

WHAT ARE THE POSSIBLE COMPLICATIONS?

The risk of complications after hip arthroscopy is extremely low. However, with any arthroscopic surgery there are risks including, but not limited to:

- bleeding
- infection
- extra bone formation, called heterotopic bone (risk lessened by medication)
- nerve and blood vessel injuries, or blood clot
- joint stiffness
- a build-up of fluid in the hip joint
- cartilage damage
- anesthetic complications

WHAT ARE THE ADVANTAGES?

Hip arthroscopy is performed as day surgery. Compared to open surgery (large incision), arthroscopy provides:

- improved cosmesis
- shorter recovery time, accelerated rehabilitation
- fewer complications
- less pain and less damage to soft tissues at the incision site
- lower risk of heterotopic bone formation

WHAT SHOULD I DO BEFORE HIP SURGERY?

Dr. Beamer may ask you to see your primary care physician or the anesthesia clinic for pre-operative surgical clearance. Depending on your age and medical condition, you may be asked to get an ECG, chest x-ray, and other laboratory tests a few days or weeks prior to your scheduled surgery date.

Dr. Beamer will ask you not to eat or drink anything for 8 hours before surgery. Many medications you can take on the day of surgery, but you should not take any aspirin or anti-inflammatory medications (e.g. Advil, Motrin, Ibuprofen) for 7 days before your surgery as they can increase bleeding.

You must arrange for someone to pick you up after surgery and stay with you for the first 24 hours after surgery.

WHAT HAPPENS ON THE DAY OF SURGERY?

On the day of the arthroscopy you will need to:

- wear loose, comfortable clothing
- remove all jewelry
- go to bathroom just before surgery

Before surgery, you will be in the “pre-operative holding area” where the nurse or anesthesiologist will start an intravenous line, or “IV”. Your anesthesiologist will meet with you to go over the options for anesthesia which include local anesthetic with sedation and general anesthesia.

HOW IS ARTHROSCOPY PERFORMED?

The length of time for hip arthroscopy varies, depending on what is done during the surgery. Generally, it takes 60 to 90 minutes for the surgery.

Three to five small incisions (about 3 millimeters in length) are made around the hip to insert the arthroscopy camera and necessary instruments. Attached to this is a camera and light source which is also attached to a TV monitor. A pump is used to precisely monitor the amount of fluid (sterile saline) to irrigate and fill the joint space for better viewing. Pictures and video may be taken and saved for later reference.

Dr. Beamer will inspect the entire joint first. He may use a motorized “shaving” instrument to clean up torn cartilage or excessive growth of inflamed tissues.

WHAT HAPPENS IMMEDIATELY AFTER SURGERY?

After your arthroscopy you will go the recovery room. You will remain there until the effects of your anesthetic have begun to wear off. You will remain in the recovery room until you can eat, drink, and urinate without difficulty. Specially trained nurses will monitor your progress and give you verbal and written discharge instructions. You will not be able to drive home after surgery and we recommend that someone stay with you overnight.

If you had a labral repair or capsular plication, you will be placed into a hip brace and a “bunny boot.” The hip brace is to be worn at all times, until Dr. Beamer tells you to remove it (generally 2-4 weeks), and the bunny boot is worn at night to keep your toes pointed straight up and lessen the stress on your labral or capsular repair.

You may be sent home with a cooling machine to decrease inflammation. Please use this intermittently (30 minutes on, 30 minutes off). Dr. Beamer will apply a bulky dressing after surgery to lessen the risk of frost bite, but that risk is increased if you use the machine continuously. Otherwise, the use of ice bags are perfectly fine, provided the dressing stays dry.

Please wear your compressive stockings for a full two weeks to prevent blood clots.

Dr. Beamer will prescribe you Naproxen a strong anti-inflammatory similar to Aleve, for 4 weeks post-operatively. This medication prevents the formation of excessive bone around the hip joint, which can occur after any hip surgery. You must take this medication twice daily, as prescribed, for the entire month to lessen the risk of this complication. This medication may upset your stomach. If you are prone to indigestion or acid reflux, you should take a PPI or H2 inhibitor such as Prilosec OTC or Zantac, respectively. If you have a history of stomach ulcers, please let Dr. Beamer know.

WHEN CAN I DRIVE?

Driving recommendations will vary with the specific surgery. You should not drive while you are using narcotic medications. You should not drive if you are wearing a hip brace. For minor hip arthroscopy (e.g. labral debridement) on the left leg (automatic transmission), most patients are able to drive within one week. For major hip arthroscopy (e.g. labral repair, labral reconstruction, capsular plication), right leg surgery, or those with a manual transmission, it can be several weeks.

Ph: 530-344-2070 / Fax: 530-748-0332 / www.brandonbeamermd.com***WHEN CAN I RETURN TO NORMAL ACTIVITIES?***

Most patients return to desk work or school within a week, but we recommend at least 1-2 days off. If your job requires physical activity, it may take much longer (weeks or months) depending on the nature of your job and type of surgery. It can take several months for your hip to “completely” recover.

A rehabilitation plan will be discussed with you 1-3 days after surgery and expected recovery timelines will be made more specific, depending on what exactly was seen and done during surgery. The sutures will usually be removed 7-10 days after surgery. You may shower 72 hours after surgery, but we recommend that you keep the incisions clean and dry until the sutures are removed. You should not take baths or “hot tub” until 4 weeks after surgery.

For minor arthroscopic procedures (e.g. labral debridment without bony work), limited sports activities can usually be started by the 4th week. For major procedures (e.g. labrum repair, bone shaving, capsular plication), limited sports begins after 3-6 months, and elite athletes will take longer than this to return to competitive form.

Please do not fly or go on long car rides (greater than 3 hours) for 6 weeks after surgery. If you must travel before that time, you must inform Dr. Beamer and he will arrange for an ultrasound to be performed to ensure you do not have a small blood clot before you travel, and he may prescribe medications to lower your risk of blood clot and pulmonary embolus.

If you have any questions, contact our sports medicine clinic at 530-344-2070.