

Hip Arthroscopy: Before Your Surgery

What is hip arthroscopy?

Arthroscopy is a way to find problems and do surgery inside a joint without making a large cut (incision). Your doctor puts a lighted tube with a tiny camera and surgical tools through small incisions in the side of your hip. The camera is called an arthroscope, or scope.

In this surgery, your doctor may:

- Remove or repair a torn piece of cartilage or labrum. (The labrum is the cartilage ring around the rim of the hip socket.)
- Remove inflamed tissue.
- Smooth the rough surfaces of your joint.
- Remove bone spurs that affect the joint.

Most people go home on the day of the surgery.

If you have a simple injury, it may take at least 6 weeks to recover. It may take longer if your doctor had to repair damaged tissue or remove bone spurs.

If you have a desk job, you may be able to go back to work a few days after treatment of a simple injury. If you do physical labor, it may be as long as 2 months before you can go back to work.

You will need to limit activity while your hip heals. You may need crutches or a walker for the first few days, if not weeks. You may need to have physical therapy (rehab) to help your hip get stronger.

After surgery and rehab, you should have less pain. Your hip should be stronger. You should be able to use your hip and leg better. Some people have to avoid lifting heavy objects. Talk to your doctor if you plan to start doing activities such as running.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How do you prepare for surgery?

Surgery can be stressful. This information will help you understand what you can expect. And it will help you safely prepare for surgery.



Preparing for surgery

- Be sure you have someone to take you home. Anesthesia and pain medicine will make it unsafe for you to drive or get home on your own.
- Understand exactly what surgery is planned, along with the risks, benefits, and other options.
- If you take aspirin or some other blood thinner, ask your doctor if you should stop taking it before your surgery. Make sure that you understand exactly what your doctor wants you to do. These medicines increase the risk of bleeding.

- Tell your doctor ALL the medicines, vitamins, supplements, and herbal remedies you take. Some may increase the risk of problems during your surgery. Your doctor will tell you if you should stop taking any of them before the surgery and how soon to do it.
- Make sure your doctor and the hospital have a copy of your advance directive. If you don't have one, you may want to prepare one. It lets others know your health care wishes. It's a good thing to have before any type of surgery or procedure.

What happens on the day of surgery?



- Follow the instructions exactly about when to stop eating and drinking. If you don't, your surgery may be canceled. If your doctor told you to take your medicines on the day of surgery, take them with only a sip of water.
- Take a bath or shower before you come in for your surgery. Do not apply lotions, perfumes, deodorants, or nail polish.
- Do not shave the surgical site yourself.
- Take off all jewelry and piercings. And take out contact lenses, if you wear them.

At the hospital or surgery center



- Bring a picture ID.
- The area for surgery is often marked to make sure there are no errors.
- You will be kept comfortable and safe by your anesthesia provider. The anesthesia may make you sleep. Or it may just numb the area being worked on.
- The surgery will take about 1 to 2 hours.

When should you call your doctor?



- You have questions or concerns.
- You don't understand how to prepare for your surgery.
- You become ill before the surgery (such as fever, flu, or a cold).
- You need to reschedule or have changed your mind about having the surgery.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **R272** in the search box to learn more about **"Hip Arthroscopy: Before Your Surgery"**.

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