

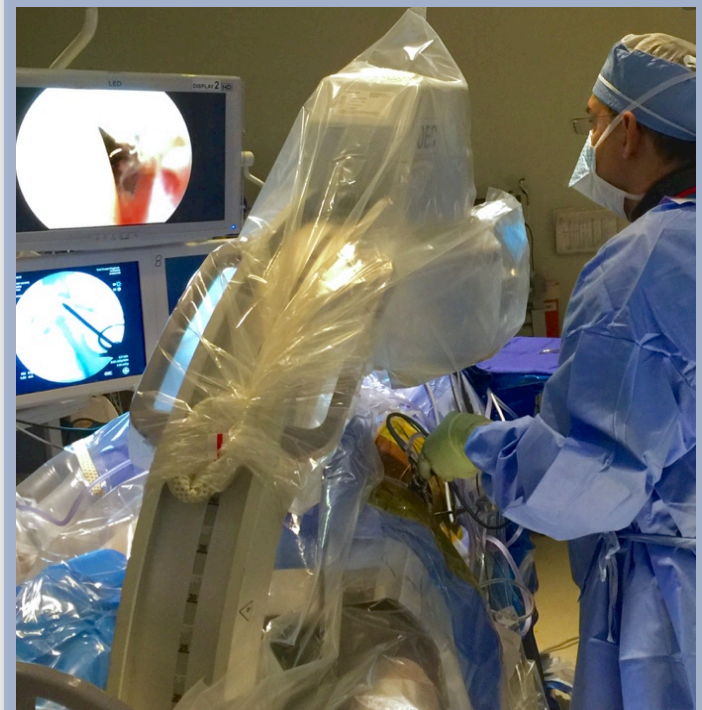
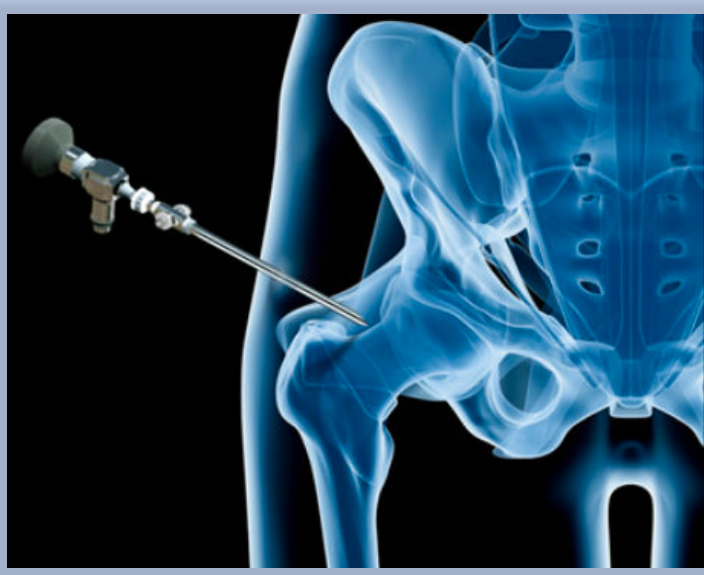
# Hip Arthroscopy Enables Outpatient Hip Surgery

**Femoroacetabular impingement (FAI)** is pinching of the ball (femur) and socket (acetabulum) of the hip. It was first described in Switzerland in the 1990s.

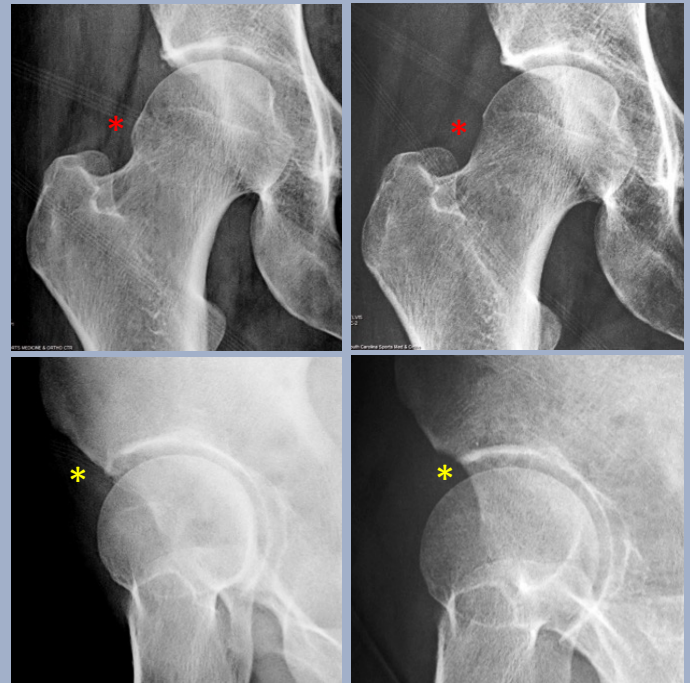
- FAI can cause painful tearing of the labrum (the cartilage bumper around the hip socket)
- FAI can also damage cartilage and lead to arthritis

**Hip arthroscopy** is a new surgical technique for treating FAI, labral tears and cartilage damage.

- Minimally-invasive
- 2-3 small ½-inch incisions and fiberoptic camera



**Above:** Dr. Pappas performing hip arthroscopy. C-arm x-ray above hip. **Below:** Excess bone is removed from hip ball (\*) and socket (•). Torn labrum is repaired with suture anchors (\*).



## Advantages of Hip Arthroscopy

- Avoids need for open hip surgery
- Significantly less pain and blood loss
- Outpatient (patients go home same day)
- Faster recovery
  - Crutches for 2-4 weeks
  - Return to full activity in 3-4 months



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