
Preparing
for
Hip Arthroscopy

Risks of Surgery

- Infection
- Bleeding
- Damage to nerves, arteries, veins
 - Pudendal nerve palsy
 - Temporary sexual dysfunction
 - Temporary groin numbness
 - Lateral femoral cutaneous nerve injury
- Hardware breakage or failure
- Labrum not repairable
- Re-tear if labrum is repaired
- Clotting
- Stiffness
- Fracture or dislocation
- Abdominal fluid extravasation
- Continued pain
- Bone re-growth
- Need for additional surgeries

*** Expect foot numbness and tingling for 24 hours ***

Surgical Center

- Once your surgery is scheduled, the surgical center will contact you the day before and let you know when to arrive at the hospital.
 - If needed, please ask the representative for directions at that time.
- No eating or drinking after midnight the night before your surgery.

Physical Therapy

- It is your responsibility to have a physical therapy (PT) appointment scheduled for **2-3 days after your surgery.**
 - You should schedule this appointment in advance.
 - Dr. Tabaddor's PT protocol is included in this folder. Please bring it to your physical therapist.
- We can offer a list of PT locations.

Medical Equipment

- You will be given the appropriate medical equipment (i.e. crutches, knee immobilizer) for your specific surgery at your pre-operative visit.
- You may want to consider purchasing an ice machine (Polar Care).
 - This is not covered by insurance and costs \$250.
 - If you decide to buy this, please remember to bring the pad with you to the hospital so that it may be applied immediately after surgery.

School/Work

- Please let us know if you will be needing a note to excuse your absence from school or work.

Medications

- You will be given 2 prescriptions on the day of surgery
 - Naprosyn – this is to be taken twice daily for 3 weeks to reduce the risk of bone re-growth.
 - A narcotic pain medication – this is to be taken *as needed* for pain.

Billing Questions

- Please direct any questions regarding billing to 401.443.4111.