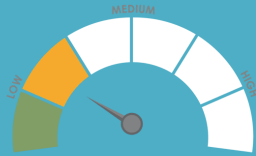


Osteotomies around the hip joint



Early to mid stages



Works best in stages 3

What is it?

The bone is divided then 'rotated' to gain better cover for the ball. The shifted socket is stabilised with two or more screws.

This shifts the forces that go through the joint to normal or less damaged parts of the hip, potentially prolonging the life of the natural joint.

There are several varieties of osteotomy; your surgeon will tell you if you are eligible for one.



Benefits

There is some evidence to support osteotomy surgery may prevent or delay the onset of arthritis.

Clinical success is recorded with patient outcome measures which will monitor your progress.



Risks

You should consider all risks associated with major operations.

Specific risks include pain, bleeding, swelling, stiffness, infection, failure to heal, avascular necrosis, back pain, perineal pain etc.



Very high cost



Painful for 2+ weeks



Affected 2+ months



Affected for 2+ weeks



No - 3+ months



Affected 2+ months



Affected 2+ months



Affected 6+ months



Affected 2+ months

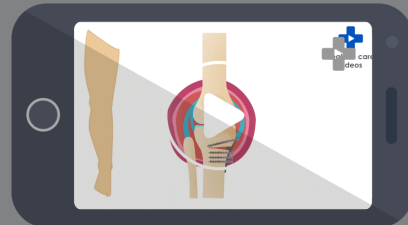


Affected 6+ months



Affected 2+ months

Limitations due to treatment



Video

What does it involve?

Osteotomies around the socket are called peri-acetabular osteotomies and those around the thigh bone (femur) to bring the ball inside the socket are called femoral osteotomies.

Peri-acetabular osteotomies are considered major surgeries and may not be appropriate for many patients. It is usually offered to patients below the age of thirty after selection based on strict criteria. Your surgeon will be able to tell you if you're eligible for this or another form of osteotomy.

Effort/burden

You must consider and accept the specific risks of this operation, as well as more general risks associated with a major operation.

It may take up to six months to recover from this operation. You will have to use crutches during mobilisation in the initial stages.

There are some limitations and precautions you will have to observe to decrease the risk of complications.

You may not be able to drive a car for a few months, or even longer depending on your recovery rate.

Benefits

There is some evidence to support osteotomy surgery may prevent or delay the onset of arthritis.

Clinical success as recorded with patient outcome measures, such as Oxford Hip Score's, are used to monitor your progress.

Limitations and side effects

You should consider all limitations and side effects of a major operation.

Your scar may be sensitive for a few months after the operation. As a result, you may not be able to lie on the side where your operation took place.

Immediately after the operation, pain is likely to get worse before it gets better. Medications will be provided to help you with this.

Hip pain may not completely decrease, but is likely to improve significantly.

If the procedure is performed arthroscopically, you may also have soreness around the perineum and swelling that lasts between a few days and a few weeks.

There may be side effects from the medication, especially painkillers, antibiotics or anaesthetic agents. These include skin rash, constipation, liver or kidney damage etc. Please ask your doctor if you wish to know more.

While you recover from the operation you will need to use physical aids such as crutches or a frame which may have an impact on your ease of mobility.

You will need to take care of the area that was operated on. This may mean being more careful with dressing and wound care - the outreach nurse or practice nurse from your GP will help you manage this.

You will need to attend your GP practice or hospital for a wound check and follow-up appointments.

You will need to go to the physiotherapy department regularly to get the most out of this surgery.

Your work, activities of daily living, walking, sleeping, intimate relationship, family life, leisure activities and driving will all be affected for a few weeks to months after this procedure.

Risks

You will need to accept the unpredictable nature of the outcome of this procedure and its ability to prevent the development of arthritis. Your surgeon will advise on your chances of success based on your condition.

General risks: Heart related problems (heart attack, irregular heartbeats), lung-related complications (pneumonia, lung collapse), post-operative confusional state, post-operative decline of brain function (cognitive decline), kidney failure, urinary tract problems (infection or retention with the need for using catheter), nerve damage, damage to blood vessels, deep vein thrombosis (DVT), pulmonary embolus (PE), complex pain, pressure sores, diathermy burns, wrong side surgery, severe allergy to medications, damage to structures unrelated to surgery (like lips/teeth/throat, eyelids etc) regret of undergoing surgery and death.

Specific risks: Pain, bleeding, swelling, stiffness, superficial infection, inflammation, sensitive scar, change in appearance of the operated area, puckered scar, thick scar, numbness, failure of tendons or muscles to heal, deep infection needing further surgery, nerve injury, avascular necrosis, perineal pain, back pain, ectopic ossification etc.

Cost

This is a very high-cost option for both patients and the NHS.

Patients: You will need to take time off work, have help during the initial recovery stages and visit the hospital and physiotherapy department. This may involve paying for taxis, parking or favours from friends and family.

NHS: Generally expensive, costing approximately £8,000 to £10,000 per procedure. However, the cost can be much more should a complication occur and require treatment.

What if no treatment is done?

Ongoing pain.

Your arthritis may deteriorate and affect your activities of daily living, family life, work environment and leisure activities.

If the condition progresses, more complex and demanding procedures may be required.

If your arthritis progresses significantly, no further treatment may be available. You may regret not opting for treatment earlier.

References

<https://hipdysplasia.org/adult-hip-dysplasia/adult-treatments/hip-preservation-surgery-for-adult-hip-dysplasia/>