

Hip Preservation Surgery

What to Expect

Before Surgery:

- X-rays will be taken to plan your surgery
- Other imaging, such as MRI or CT scans, may be ordered
- Your surgeon will review your child's medical history and medications
- Consent will be obtained after all your questions are answered



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Pre-Operative Hospital Visit

- Blood and urine tests may be done to ensure your child is healthy
- A pain management plan will be discussed
- Your child will be admitted the same day as surgery

After Surgery:

- Hospital stay is usually 1 to 5 days depending on the type of procedure
- Pain medicine will be provided
- Instructions will be given for wound care, movement restrictions, and physical therapy
- A follow-up appointment will be scheduled within 1 to 3 weeks after surgery

Locations in:
St. Petersburg, Tampa
and Lakewood Ranch

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Integrity, credentials, commitment, and the use of advanced technology are what make our physicians distinct and the best choice for your child's orthopaedic care!



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What Is Hip Preservation Surgery?

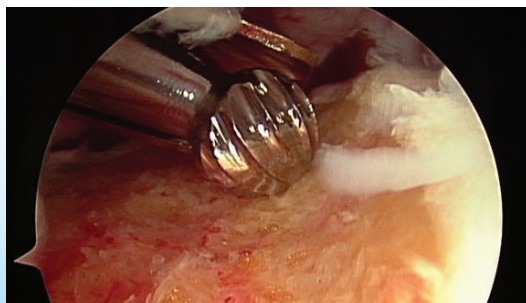
Hip preservation surgery includes a group of procedures designed to correct the shape or alignment of the hip joint and prevent early arthritis. These surgeries help protect the hip from future damage while reducing pain and improving movement.

There are several techniques that may be used depending on your child's condition and age. Some of these can be done using minimally invasive tools, while others require traditional open surgery.

Types of Hip Preservation Procedures

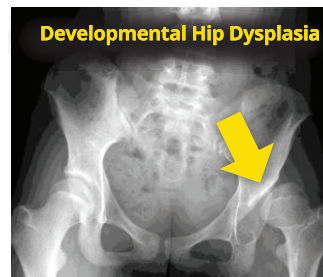
Hip Arthroscopy

This is a minimally invasive surgery that uses small instruments and a camera inserted into the hip joint. Hip arthroscopy allows the surgeon to remove loose fragments, reshape the bone, or repair soft tissue such as the labrum. It is commonly used in younger patients and athletes.



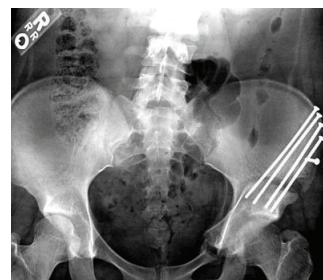
Femoral Osteotomy

This procedure involves repositioning the upper part of the thighbone (femur) to help it better align with the hip socket. It may be used on its own or combined with a pelvic procedure, depending on your child's specific needs.



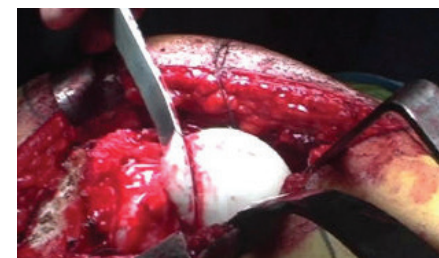
Pelvic Osteotomy

A pelvic osteotomy involves adjusting the bones of the pelvis to improve how the hip socket (acetabulum) covers the femoral head. There are different types of pelvic osteotomies. The one chosen depends on age and the amount of correction needed.



Periacetabular Osteotomy (PAO)

Also called the Ganz osteotomy, PAO is used to reposition the hip socket by making precise cuts in the pelvic bones. This helps the socket better cover the femoral head, which can reduce pain and help delay or prevent hip arthritis. It is used in older children and young adults who have finished growing.



Surgical Hip Dislocation

This procedure allows the surgeon to fully access the hip joint using an open approach. It is sometimes used when areas of damage cannot be reached with a scope. This modern technique reduces the risk of damaging the blood supply to the hip, which was a concern with older methods.

Who Needs These Procedures?

Hip preservation surgery is often used to treat structural conditions like developmental dysplasia of the hip (DDH), femoroacetabular impingement (FAI), or certain forms of hip deformity that can lead to pain, loss of motion, or early arthritis.

These procedures aim to reduce long-term damage, restore hip function, and support active lifestyles.