



### **Hip Arthroscopy Information Summary:**

#### ***Admission:***

You will be sent confirmation of a date and time for arrival to the Whitfield Clinic; the standard admission time is 7.30 am the morning of your operation. Patients travelling from distance will therefore need to stay in Waterford the night before the operation. The Whitfield Clinic has agreed reduced rates at the nearby Ramada Hotel, Cork Road for patients coming for operations; please contact the Ramada Hotel directly if accommodation is required.

The operation will usually take place in the morning and will usually require one night stay in hospital. A general anaesthetic will be required and the procedure will last between one and two hours; a period of time will then be required in the recovery unit before returning to the ward.

#### ***Discharge:***

You will be discharged from the clinic the morning after the operation; it is important to have someone to collect you as you will still have some discomfort and would not be able to drive. Mr. Carton's secretary will organise an appointment for a review consultation usually between 8 and 10 weeks post-operation.

#### ***Physiotherapy:***

You will be seen by the physiotherapist at the Whitfield Clinic and instructions regarding mobilisation, use of crutches and rehabilitation will be provided. Walking with crutches will begin on the same evening as your procedure.

A rehabilitation programme will also be provided for you to take home and should be used under the supervision of a physiotherapist, with the appropriate experience, to ensure correct exercises are continued throughout the recovery period. It is vital that the rehabilitation programme is followed if you are to benefit fully from the surgery.

Physiotherapy can be arranged at the Whitfield Clinic, if required.

#### ***Post operative care***

Simple painkillers may be required for the first post operative day or two. All patients will require crutches to protect their hip for ten days following surgery; at this stage two or three stitches will need removed at your local health centre.

Note: some patients may require crutches for a longer period; this will depend on the type of procedure performed.

The large pressure dressing can be removed 48 hours following discharge. Reapply small dressings given to you on discharge from the clinic.

It is very important to keep the wounds covered and dry at all times until stitches are removed.

**Contacts:**

At any stage during your postoperative recovery if you need advice regarding your progress or with physiotherapy please contact the clinic:

**Jacinta O'Sullivan (Mr. Carton's secretary):**

**Tel:** 00353 (0) 51 319898  
**Fax:** 00353 (0) 51 359919  
**Email:** [jacinta.osullivan@hipandgroinclinic.ie](mailto:jacinta.osullivan@hipandgroinclinic.ie)

**Shane Welsh (Physiotherapy):**

**Tel:** 00353 (0) 51 337411  
**Email:** [shane.welsh@hipandgroinclinic.ie](mailto:shane.welsh@hipandgroinclinic.ie)

**For further information regarding any aspect of your care please search the Hip and Groin Clinic website.**

**Website:** [www.hipandgroinclinic.ie](http://www.hipandgroinclinic.ie)

**Mr. Patrick Carton MD FRCS (Tr & Orth)**  
Consultant Orthopaedic Surgeon, Specialist in Hip and Groin Surgery

The Hip and Groin Clinic, Waterford