



Arthroscopic Hip Surgery

Comprehensive Hip Care with Mr. Nasr and Colleagues

While Mr. Nasr does not offer arthroscopic hip surgery himself, he collaborates closely with esteemed colleagues who specialize in this minimally invasive procedure, including a specialist based in Oxford. This partnership ensures that patients have access to a full spectrum of treatment options for hip conditions, tailored to their specific needs.

What Is Arthroscopic Hip Surgery?

Arthroscopic hip surgery involves inserting a small camera called an arthroscope into the hip joint. This allows the surgeon to view the inside of the joint on a monitor and perform surgical procedures using specialized instruments through small incisions. The minimally invasive nature of this technique often results in less pain and a quicker recovery compared to traditional open surgery.

Conditions Treated with Hip Arthroscopy

Arthroscopic hip surgery can address a variety of conditions, such as:

- **Femoroacetabular Impingement (FAI):** Extra bone growth causes friction in the hip joint.
 - **Labral Tears:** Damage to the ring of cartilage (labrum) surrounding the hip socket.
 - **Hip Dysplasia:** Misalignment where the socket doesn't fully cover the femoral head.
 - **Loose Bodies:** Fragments of bone or cartilage moving within the joint.
 - **Snapping Hip Syndrome:** Tendons rubbing over the bone, causing a snapping sensation.
 - **Cartilage Damage:** Injury to the cartilage lining the hip joint.
 - **Inflammation or Infection:** Synovitis or septic arthritis affecting the joint lining.
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Benefits of Arthroscopic Hip Surgery

- **Minimally Invasive:** Smaller incisions lead to reduced scarring and postoperative pain.
- **Faster Recovery:** Patients often return to daily activities more quickly than with open surgery.
- **Reduced Complications:** Lower risk of infection and blood loss.
- **Improved Joint Function:** Relief from pain and enhanced range of motion.

Collaborative Care with Specialists in Oxford

Understanding that each patient's situation is unique, Mr. Nasr works closely with a colleague in Oxford who is highly experienced in arthroscopic hip surgery. This collaboration ensures that patients receive comprehensive care, even if their treatment requires procedures not performed by Mr. Nasr himself.

- **Seamless Referrals:** If arthroscopic hip surgery is the most suitable option, Mr. Nasr can facilitate a prompt referral to his Oxford-based colleague.
- **Coordinated Treatment Plans:** Both surgeons collaborate to develop an integrated treatment approach, ensuring all aspects of your hip condition are addressed.
- **Continuity of Care:** Post-surgery, Mr. Nasr remains involved in your recovery, providing follow-up care and rehabilitation support.

The Arthroscopic Hip Surgery Procedure

1. Preoperative Assessment:

- **Medical Evaluation:** Comprehensive review of your medical history and symptoms.
- **Imaging Studies:** X-rays, MRI, or CT scans to assess the hip joint in detail.
- **Personalized Consultation:** Discussion about the procedure, benefits, risks, and expected outcomes.

2. During Surgery:

- **Anaesthesia:** Administered general or regional anaesthesia for comfort.
- **Procedure Execution:** Small incisions are made for the arthroscope and instruments; the surgeon repairs or removes damaged tissues.
- **Closure:** Incisions are closed with sutures or adhesive strips.

3. Postoperative Care:

- **Recovery Monitoring:** Initial recovery in a postoperative area until anaesthesia wears off.
- **Pain Management:** Medications and techniques to minimize discomfort.
- **Discharge Planning:** Instructions on wound care, activity limitations, and scheduling follow-up visits.

4. Rehabilitation:

- **Physical Therapy:** Customized exercises to restore mobility and strength.
 - **Progressive Activity Resumption:** Guidance on safely returning to work, sports, and other activities.
 - **Ongoing Support:** Regular appointments to monitor healing and address any concerns.
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Who Is a Candidate for Arthroscopic Hip Surgery?

Candidates typically include individuals who:

- Experience persistent hip pain unrelieved by non-surgical treatments.
 - Suffer from mechanical symptoms like catching, locking, or clicking in the hip.
 - Have specific hip conditions diagnosable via imaging and physical examination.
 - Are in good overall health and able to undergo anaesthesia and surgery.
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Why Choose Collaborative Care?

- **Access to Specialists:** Benefit from the combined expertise of Mr. Nasr and his colleague specializing in arthroscopic procedures.
 - **Personalized Treatment:** Receive a treatment plan tailored to your specific condition and lifestyle.
 - **Comprehensive Support:** From diagnosis through rehabilitation, you have a dedicated team guiding your care.
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Understanding All Your Options

Being well-informed about all available treatments empowers you to make the best decisions for your health. Mr. Nasr is committed to ensuring you understand your options, even if it involves treatments he does not personally provide.

Continuing Care with Mr. Nasr

After your arthroscopic surgery in Oxford, Mr. Nasr can:

- **Provide Follow-Up Care:** Monitor your recovery progress and address any postoperative concerns.
 - **Coordinate Rehabilitation:** Work with physiotherapists to develop a rehabilitation plan suited to your needs.
 - **Ensure Continuity:** Maintain consistent communication between all healthcare providers involved in your care.
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Scheduling a Consultation

If you're experiencing hip pain or dysfunction, we encourage you to schedule a consultation with Mr. Nasr. He will assess your condition thoroughly and, if appropriate, connect you with his colleague in Oxford for arthroscopic hip surgery.

About Mr. Nasr

Mr. Pierre Nasr is a highly experienced Consultant Trauma and Orthopaedic Surgeon specializing in hip and knee replacements, including complex revision surgeries and fracture treatments.

- **Extensive Training:** Educated at Imperial College School of Medicine and trained at Oxford and Cambridge University Teaching Hospitals.
- **Global Experience:** Completed specialist training at world-renowned trauma centers in Australia.
- **Professional Affiliations:** Fellow of the Royal College of Surgeons in Trauma and Orthopaedics.
- **Dedicated to Excellence:** Committed to providing patient-centered care with the latest surgical techniques.