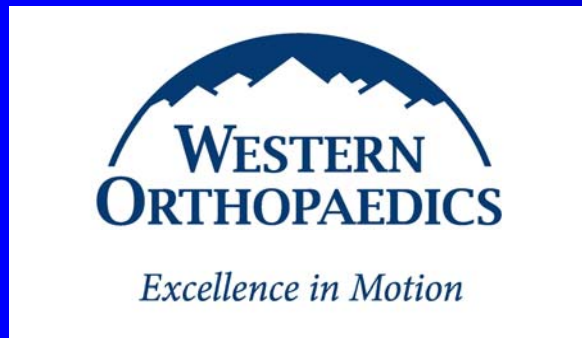


A Patient's Guide to Combined Hip Arthroscopy and Ganz Osteotomy or PAO

Dr.'s Presley Swann and Brian J. White



The Center for Hip Preservation
Porter Adventist Hospital



The Ball and Cup need to Fit perfectly together.



“Normal” Hip Joint

When the cup is shallow because it did not develop properly, the Hip Joint and Labrum eventually break down and Tear.

What is Hip Dysplasia?

- A shallow cup that does not fully contain the ball
- Results in overload to the edge of the joint
- It often Leads to tearing of the labrum and premature degenerative arthritis of the hip joint



Natural History for a Dysplastic Hip:

Shallow cup



Edge loading of the hip



Overload of Rim and Labrum



Symptoms develop

Ideal time for Surgery



Breakdown of Labrum and Cartilage



Arthritis

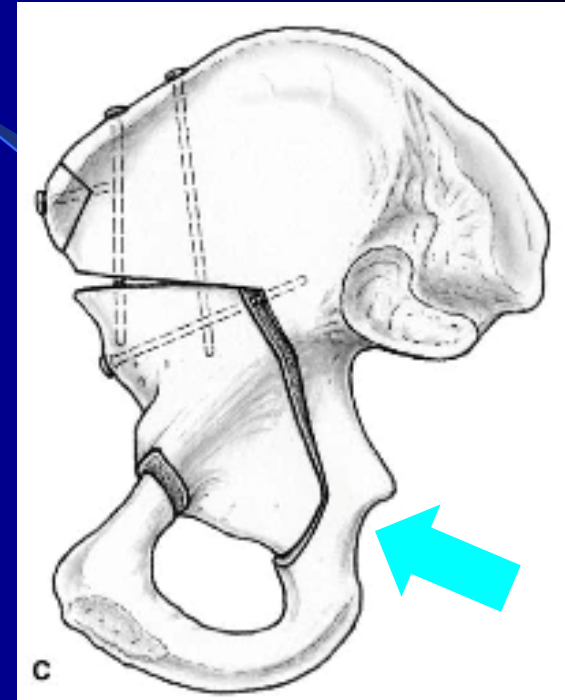
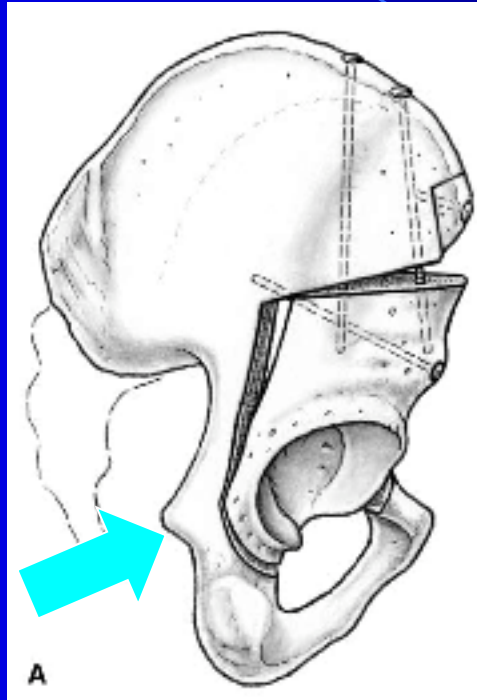
The Labral Tear is what hurts.

You have to Correct the Mechanical Reasons why the Labrum Tore (CAM and Dysplasia), Otherwise You will have a problem later.

What is a PAO?

- PAO stands for PeriAcetabular Osteotomy
 - Basically, the cup is cut free from the pelvis and rotated to a better position to improve hip mechanics.
 - There are many different types.
- What is a Ganz Osteotomy?
 - A specific type of PAO
 - The cup is cut free without compromising the integrity and structure of the Pelvis

Ganz Osteotomy



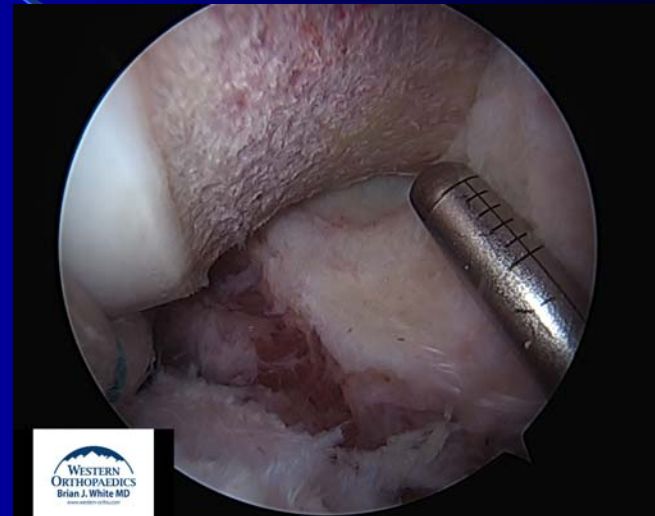
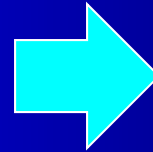
- The cup is cut loose from pelvis and rotated to a better position
- The arrows show that the Pelvic ring is not cut in this process which keeps the Pelvis stable.

Why a Hip Scope with the Ganz?

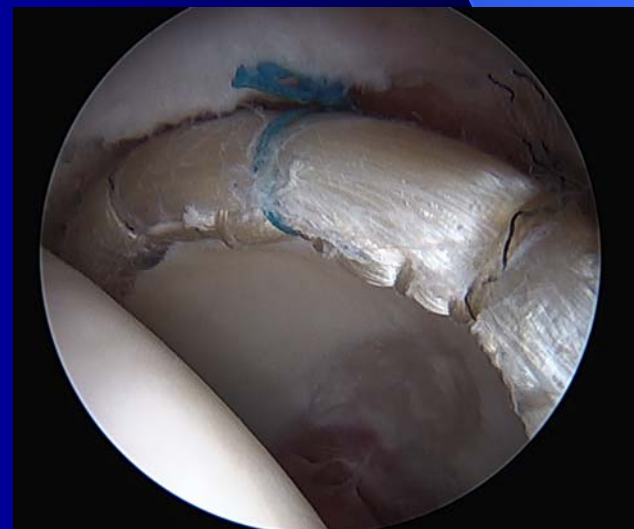
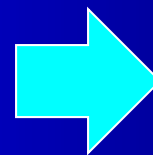
- The Torn Labrum is what hurts.
- The labrum and the inside of the joint are best taken care of with a hip scope.
- Also, the ball in a dysplastic hip is more oval shaped than round (CAM), so it must be reshaped to fit better in the cup.
Especially when the position of the Cup is changed with the Ganz

Key Components of the Hip Scope:

- Femoral Osteoplasty: Reshaping the femoral neck to make it Round (Treating the CAM)



- Labral Reconstruction to make a new labrum



Ganz Osteotomy



Before



After

** The cup now significantly better covers the ball and is now flat and not oblique. **

Does the Ganz give you a “Normal” Cup?

- Not always...
- A dysplastic or shallow cup is more like a saucer than a cup.
- The Ganz does not increase the cup volume, but it does move the cup to a much better position.
- This gives more stability to the hip joint and allows it to wear better.

The Ganz Osteotomy Incision



Scope
Incisions

Ganz Incision

- The incision is intentionally hidden in your bikini line so not visible in public.

General Information about the Ganz Osteotomy

- 20 year results were published in 2008
 - 60% of hips did not fail or require another surgery
 - The labrum was Not addressed in this group of patients
 - CORR (2008) 466: 1633-1644
- Who is a good fit?
 - Age < 50
 - Minimal to no arthritis
- Allows women to have a routine delivery with childbirth as the inner pelvis is not changed

Logistics of these Procedures

- Hip Scope done first with an overnight stay at Porter Hospital with Dr. White
- 1-2 weeks later, return to Porter Hospital for the Ganz Osteotomy with Dr. Swann. Dr. White assists with the correction
- 1-3 day Hospital stay after the Ganz

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Why 2 Separate Surgeries?

- A Hip scope relies on traction to the hip joint to access the labrum.
- This scope can transiently de-stabilize the joint while muscles during surgery are relaxed.
- The Ganz requires a stable ball to rotate the cup around to a more stable position.
- Giving time between the 2 surgeries ensures the ball will be stable for the Ganz.

Why 2 Surgeons?

- This is a truly unique collaboration where each surgeon does what they do best to give you the most perfect result.



- Dr. Swann- Fellowship trained and an expert on Ganz PAO



- Dr. White- Fellowship trained and expert on Arthroscopic Labral Reconstruction

Pain Control after Ganz

- Dr. Swann uses a Pump/Catheter to continuously block the Sacral Plexus nerves for 7-10 days after surgery.
- This allows you to walk and move your hip after surgery and significantly reduces the pain from the surgery. This allows you to be much more comfortable.



Getting up to Walk the Day of Surgery



Weight Bearing after the Ganz

- Never non-weight bearing.
- 20% weight bearing after Scope
- After the Ganz:
 - 25% WB x 2 weeks
 - 50% WB x 2 weeks
 - 75% WB x 2 weeks
 - 100% WB with crutches x 2 weeks
 - Then full un-assisted weight bearing

Follow Up Appointment at 8 weeks



Travel

- Patients can fly after the Ganz between 2 and 4 days after the procedure depending on the individual.
- When booking flights it is recommended to get travel insurance in case flight plans change.
- Patients feedback is that 1st class tickets are worth it for a more comfortable flight.

The Distances Patients Travel



As of October 2018

- The states in Blue represent where patients have traveled from for Dr's White or Swann to have their hip fixed.

Return to Work and School

- This is always variable depending on the individual, but in general:
 - Sedentary work and school: 2-4 weeks
 - Moderate work: 8-12 weeks
 - Heavy manual labor: 5-6 months
- Full recovery is anywhere from 6 months to 1 year usually depending on age and chronicity of symptoms.

Complications Based on a Search of the Literature:

- Lateral Femoral Cutaneous Nerve (LFCN)- 50% chance your thigh is numb but will improve over a year to be smaller
- Sciatic Nerve (Foot Drop)- 2-5% chance
 - If it happens you will wear an AFO and it could improve with time
- Femoral Nerve Palsy- < 1%
- Infection <1%
- Non-union of the pubis 30%
 - Rarely does this cause a problem

Complications Based on Dr. Swann's First 200 PAO's After Fellowship

- 43% LFCN (thigh numbness) but got smaller at a year
- Zero Sciatic and Femoral Nerve Palsies
- 2 Pubic Non unions- 1 required surgical intervention

Do you need PT after these surgeries?

- A skilled Physical Therapist is essential after surgery to achieve a perfect result.
- *** If you are traveling to Denver for your surgery, always make an appointment with Western Ortho PT every time you come to Denver for follow up appointments with Dr's White and Swann to help your PT at home ***
- Encourage your PT at home to Facetime while you are having your appointment with Western Ortho PT

Total Recovery

- This is a big, combined surgery
- It is an 8 month to 1 year process to get all of the muscles balanced and everything healed.
- Typically, younger patients (<30) can heal and recover a little more efficiently than those that are older.
- Recovery can also take a little longer for those with long standing (>1 year) of symptoms

Keys for Scheduling:

- **You must see both Dr's Swann and White at least 1 month before your scheduled surgery.**
- This allows time for each office to obtain authorization from your insurance company for each component of your combined surgery.
 - Dr. White's office schedules the Scope
 - Dr. Swann's office schedules the Ganz
- **If you are traveling to Denver, this could be over the phone with both surgeons and their team.

We hope this was helpful for you and allows you to better understand the combination of the Hip Scope and the Ganz.

We look forward to helping you get back to all that you enjoy doing

