

NSAIDs Significantly Reduces HO Occurrence After Hip Arthroscopy

Eyal Amar, MD, ISRAEL
Yaniv Warschawski, MD, ISRAEL
Zach T. Sharfman, Mr., ISRAEL
Gil Rachevsky, MD, ISRAEL
Ehud Rath, MD, ISRAEL

Tel Aviv Medical Center
Tel Aviv, ISRAEL

Summary:

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Abstract:

INTRODUCTION

Heterotopic Ossification (HO) is a well-known complication after open hip surgery. Despite numerous reports in the literature about HO after open hip surgery, the evidence about this complication after hip arthroscopy is scarce with incidence ranges from 0% to 44%. Administration of non-steroidal anti-inflammatory drugs (NSAIDs) is a well-established method of HO prevention. The aim of this study was to evaluate the role of NSAIDs administration after hip arthroscopy in reducing HO rate.

MATERIALS & METHODS

Ninety-five (46 study group, 50 control group) consecutive hip-arthroscopy procedures were included in the study. The study group included 46 patients in which NSAIDs were administered for HO prophylaxis (38 patients with rentgenic follow up of more than 9 weeks), the control group included 50 patients in which no prophylaxis was administered. NSAIDs prophylaxis with Etodolac 600mg or Etoricoxib 90mg for 3 weeks was routinely prescribed to study group patients. The presence of HO was recorded for each patient, along with radiographic assessment using the Brooker classification and baseline demographic and surgical variables.

RESULTS

Pre-final results demonstrate 24(27.3%) of available 88 patients had radiographic evidence of post-operative HO (2 patients belongs to study group). Fourteen patients had Brooker 1 (one patient in study group), 5 had Brooker 2 (one patient in study group) and 4 had Brooker 3. A significant difference was found in HO rate between control and study groups ($P<0.0001$). No significant difference in terms of gender, side of operation or age between the study and the control group ($P=0.584$, 0.863 , 0.130 respectively).

CONCLUSIONS

HO is a complication of hip arthroscopy. A significant reduction in HO rate was observed due to NSAIDS Prophylaxis.