

# Standard of Care for the Treatment of Avascular Necrosis (AVN) of the Femoral Head

## **Author:**

Dr. João Matheus Guimarães

Avascular necrosis (AVN) of the femoral head is a pathologic process resulting from interruption of blood supply to bone.

AVN of the hip is poorly understood but is the final common pathway of traumatic or non-traumatic factors that compromise the already precarious circulation of the femoral head. Femoral head ischemia results in the death of bone marrow and osteocytes and usually results in the collapse of the necrotic segment.

AVN of the femoral head is a debilitating disease that usually leads to osteoarthritis of the hip joint in relatively young adults. The goal in treating avascular necrosis is to improve the patient's use of the affected joint, stop further damage to the bone, and ensure bone and joint survival.

Non-operative treatment and surgical treatment options are available, their risks and benefits, potential limitations and complications will be discussed.