

## **Intra-articular Hip Injections**

### **1. What is an intra-articular hip injection?**

An intra-articular hip injection is an injection directly into the hip joint.

### **2. Who can benefit from this type of injection?**

An individual who has pain in the hip due to degenerative changes or arthritis may benefit from this injection.

By injecting medication directly into the hip joint the physician is able to determine if the hip joint is the cause of your pain. If the hip joint is causing your pain, injecting medication into your joint may help alleviate the pain.

### **3. How is this injection performed?**

The R.N. will position you on your back with the side to be injected closest to the physician.

The physician will clean the area to be injected with an antibacterial solution. Your skin will be numbed using local anesthetic. The physician will use X-ray guidance to place the needle in the hip joint.

The physician may inject contrast dye into the joint to confirm correct needle placement. *If you are allergic to iodine, shellfish or contrast dye, please tell the physician before the procedure begins.*

When the physician is satisfied with position of the needle, he will inject the medication into the hip joint and remove the needle. The R.N. will clean the antibacterial solution off your skin and apply a bandaid if needed.

### **4. What medication is used for the procedure?**

The physician will typically inject a combination of local anesthetic and steroid into the hip joint.

### **5. Why is X-ray guidance used?**

X-ray guidance allows the physician to place the needle precisely in the joint assuring the best possible outcome.

### **6. How soon will the treatment help?**

The onset of pain relief may be within 15-20 minutes. This is due to the effect of the local anesthetic. Your pain may return in 4-6 hours as the effects of the local anesthetic wears off. The steroid usually takes 48-72 hours to be effective and the length of pain relief varies from person to person.

**7. Are there are risks and complications?**

As with any procedure, there is always a risk involved. There could be bruising, swelling or inflammation at the injection site; possible infection; bleeding into the joint; or profound weakness in the leg on the side that was injected.

**8. What will happen after the injection?**

After the procedure you will be assisted to wheelchair and transferred to the Recovery Area. Your blood pressure will be checked. After 30 minutes, your leg will be checked for strength, you will be asked to stand and if able, you will be assisted in walking. When you and the R.N. are certain that you can walk without difficulty, you will be discharged.

**9. How should I care for myself after the procedure?**

You should take it easy on the day of the injection. Bedrest is not needed. Do not vacuum, perform yard work or engage in strenuous activities. Normally you may resume your normal activities the following day. Remember however, that you most likely will not experience pain relief for 2-7 days.

If the injection site is uncomfortable, you may apply ice to the injection site during the first 24 hours after the injection. After 24 hours, you may apply ice or heat if you wish. Whatever you choose to use, apply only 20 minutes at a time (20 minutes on/20 minutes off). Continuous use of ice or heat may damage your skin.

You may continue your pain medications as needed.

You should take your other medications as prescribed and continue your normal diet.