

# Intra-articular Hip Injections

An intra-articular hip injection is a procedure used to treat hip and groin pain. Usually this pain comes from swelling (inflammation) that happens from daily “wear and tear.” In some patients, the pain is from an injury or a birth defect.

During the procedure, a mixture of a local anesthetic and a steroid is injected into the hip. The local anesthetic will numb the area, and the steroid may help lower the swelling. This should reduce pain and improve the motion in your hip.

## DOES THE PROCEDURE HURT?

The doctor will inject a medication to numb the skin over your hip joint. You may feel some stinging from the needle or the numbing medication. You may also feel some pressure or an increase in your normal level of pain while the steroid is being injected. This temporary increase in pain may last for a few days after the procedure, until the steroid starts to work.

## HOW DO I PREPARE FOR THE PROCEDURE?

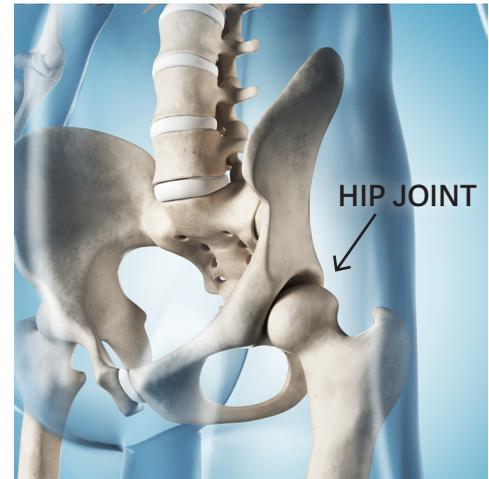
Wear a loose-fitting, two-piece outfit (for example, slacks and a shirt or a sweatsuit). It is very important for your safety to tell us if you have any allergies to latex, local anesthetics, or contrast (X-ray dye).

## WHAT HAPPENS DURING THE PROCEDURE?

An intra-articular hip injection generally involves the following steps:

1. You will be taken into the procedure room where the technologist will ask for your consent for the procedure.
2. You will lie on a table. Then the area to be injected will be cleaned and covered with a special sheet. This will help keep the area free of germs.
3. Your doctor will use a special X-ray to help view the area and then numb the area with a local anesthetic.
4. Your doctor will inject contrast (a substance that will help highlight the area on X-rays). If you are allergic to contrast, your doctor will discuss your options with you before the procedure.
5. Then your doctor will inject the combined numbing and steroid medication into your joint(s).

**While the injection will only take about 15-20 minutes to complete, you can expect to be at the hospital for approximately 1 hour. You will be awake during the procedure and may ask questions at any time. Before you leave, we will give you instructions on how to care for yourself at home.**



## ARE THERE ANY SIDE EFFECTS FROM THE PROCEDURE?

Side effects from this procedure are rare. The most common side effect is pain where you were injected. Others include bleeding, bruising at the injection site, and infection.

## HOW WILL I FEEL AFTER THE PROCEDURE?

- You may feel sore for a few days after the procedure. Use an ice pack at least 3-4 times a day to feel more comfortable.
- The local anesthetic will wear off in about 4 hours. At that time, your usual level of pain may return until the steroid starts working. This can take up to 2 weeks. Keep taking pain medication, as prescribed, if needed.
- You should rest the injected joint for 1-2 days after the injection and avoid strenuous activity for 5 days.
- Pain relief from a hip injections usually will last for several months, but this may vary from patient to patient. You may have three steroid injections a year. If you get no relief from the injection, you should contact your physician for follow up after the procedure.

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