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# Bursa Injection Patient Education

Southern Coast Specialists offers a variety of minimally invasive pain treatment procedures that we have perfected to help you achieve pain relief. Our treatments have been proven effective and are on the cutting edge of science related to pain reduction. Our goal is to improve every patient's overall function and thus restore a better quality of life.

## What is Greater Trochanteric Bursitis?

Bursitis is the inflammation of a bursa, or fluid-filled space surrounding a bony prominence. After years of stressing the areas around your joints, these sacs or bursa may become inflamed. This inflammation can cause joint pain.

Greater trochanteric bursitis is the inflammation of the sac that lies over the outside part of your thigh bone (femur), where it joins the hip. You may notice a dull ache or stiffness in the area of your hip, pain with movement, or pressure over that area.

## How is Greater Trochanteric Bursitis treated?

In many cases, treatment is simple and includes resting and immobilizing the affected area, applying ice to reduce swelling and taking non-steroidal anti-inflammatory drugs to relieve pain and reduce inflammation. With this self-care treatment, the bursitis usually disappears within a week or two. If there is no relief using this conservative treatment, your interventional pain doctor here at Southern Coast Specialists may inject a corticosteroid drug into the bursa to help relieve inflammation, after which relief is generally obtained within one to two weeks.

Please note: This procedure cannot be performed if you have an active infection, flu, fever, extremely high blood pressure, or if you are on blood thinners. For your safety, please inform us if any of these conditions exists.

## What are the risks of the Bursa Injection?

As with most procedures, there is a remote risk of bleeding, infection, nerve injury or allergic reaction to the medications used. Some short-term side effects may occur, as well. You may have increased pain for a few days after the injection, including localized pain at the injection site. Diabetics may have a short-term elevation of blood sugars. People prone to fluid retention may have increased fluid retention for one to two weeks.

## What happens during the procedure?

When you enter the clinic, you will be taken into an admission room where a nurse will check your vitals. Please wear loose-fitting clothing and note that you may be asked to change into a hospital gown. After your vitals are taken, an IV will be placed so that you can receive sedation during the procedure. Once you have been escorted to the procedure room, our nursing staff will then position you on narrow table. The site of the procedure will be cleaned with iodine and sterilely draped. Once sterilized, the physician will numb your skin with a small needle – the numbing process may sting.

Do your best to lay still and let us know if we are causing you discomfort.

Next, the physician will use an X-ray machine (fluoroscope) to guide the needle into the correct spot. Local anesthetic and steroid are then injected through the needle, and the needle is removed. Your skin will be cleaned, and a Band-Aid applied. The Band-Aid may be removed the next morning. The procedure will last approximately 10 to 15 minutes.

Your pain may improve immediately after the injection, due to the local anesthetic. The steroid usually takes two or three days to have an effect and peaks in about two weeks.



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## What happens after the procedure?

You will be taken back to the recovery area where you will remain for approximately five minutes. If you experience local tenderness from the needles, ice may help relieve the discomfort. You can also resume taking your normal pain medications.

## Will I have any restrictions after the procedure?

Following your procedure, if you have had sedation you are not allowed to drive for the remainder of the day. An adult must be present to drive you home or to escort you on another form of transportation. This is for your own safety. Otherwise, you may do whatever you feel up to doing.

## For what reasons should I call Southern Coast Specialists after the injection?

You should call us immediately if you experience any of the following:

- Severe back pain that is not relieved with medication and ice
  - Prolonged, new numbness or weakness of your legs
    - Signs of infection in the area of injection

## Things to Do Before the Procedure

- Any dietary restrictions will be discussed on the day the procedure appointment is booked.
- Take all your medications as scheduled on the day of the procedure, unless directed otherwise.
  - Think of any questions for us and write them down.
  - Make the nurses and doctors aware of any new changes in your medical condition.
- Before you come in, let us know if you are taking any blood thinners (e.g., aspirin, Coumadin, Plavix, Pletal) or anti-inflammatories.
  - Please remember to arrange for an adult to drive you home.

**If you have questions about this procedure, please see a Southern Coast Specialists representative.**

**If you are interested in learning more about our practice or treatment solutions,**

**please visit [SCSpecialists.com](http://SCSpecialists.com)**