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## Hip Joint 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 the hip joint and why is a hip joint injection helpful?

The hip joint is a large joint where the leg joins the pelvis. If the joint becomes painful due to arthritis, labral injury or mechanical stress, it may cause pain in your hip, buttock or leg. A hip joint injection serves several purposes. First, by placing numbing medication into the joint, the amount of immediate pain relief you experience will help confirm or deny the joint as a source of your pain. That is, if you obtain complete relief or your main pain while you joint is numb, it means this joint is likely your pain source. Furthermore, time-release cortisone will be injected into this joint to reduce any inflammation. This can, on many occasions, provide long-term pain relief.

### What will happen to me during the procedure?

An IV will be started and you will be taken to the procedure room where you will lie face down on the table. We will give you some IV sedation prior to the procedure for comfort and relaxation. After lying on an x-ray table, the skin over your hip will be well cleansed. Next, the physician will numb a small area of skin with numbing medication (anesthetic) which stings for a few seconds. The physician will then use x-ray guidance to direct a very small needle into the joint. He will then inject several drops of contrast dye to confirm that the medicine only goes into the joint. A small mixture of numbing medication (anesthetic) and anti-inflammatory cortisone will then be slowly injected.

### What should I do and expect after the procedure?

20-30 minutes after the procedure you will move your hip and try to provoke your usual pain. You may or may not obtain improvement in the first few hours after the injection, depending upon if the hip joint that was injected was your main pain source. On occasion, you may feel numb or slightly weak with an odd feeling in your leg for a few hours after the injection. You may notice a slight increase in your pain lasting for several days as the numbing medication wears off before the cortisone is effective. Ice will typically be more helpful than heat in the first 2-3 days after the injection. You may notice an improvement in your pain 2-5 days after the injection. If you do not notice improvement within 10 days after the injection, it is unlikely to occur. You may take your regular medication after the procedure but try to limit pain medications for the first 4-6 hours after the procedure, so that the diagnostic information obtained from the procedure is accurate.



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### 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 physicians 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)**