



## PROCEDURE INFORMATION

# INTRA-ARTICULAR HIP INJECTION

### WHAT IS AN INTRA-ARTICULAR HIP INJECTION?

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

### 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.

### HOW IS THIS INJECTION PERFORMED?

You will be positioned on your back with the side to be injected closest to the physician. The physician will clean the area to be injected with an anti-bacterial 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 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, the medication will be injected into the hip joint. The needle will then be removed.

### WHAT MEDICATION IS USED FOR THE PROCEDURE?

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

### WHY IS X-RAY GUIDANCE USED?

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

### 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 wear off. The steroid usually takes 42-72 hours to be effective and the length of pain relief varies from person to person.

### WHAT HAPPENS AFTER AN INJECTION?

You will be monitored for up to 30 minutes after the injection. When you are ready to leave, the clinic will give you the discharge instructions. You will also be given a pain diary. It is important to fill this out because it helps your doctor know how the injection is working.

It may help to move your hip in ways that hurt before the injection, to see if the pain is still there, but do not overdo it. Take it easy for the rest of the day.

You may feel immediate pain relief and numbness in your hip for up to 6 hours after the injection. This tells you the medication has reached the right location.

Your pain may return after this short pain-free period, or may even be a little worse for a day or 2. This is normal. It may be caused by needle irritation or by the steroid itself. Steroids usually take 2 or 3 days to begin working, but can take as long as one week.

You can usually return to work the next day, but always check with your doctor.

### ARE THERE RISKS AND COMPLICATIONS?

As with all invasive medical procedures, there are potential risks. Risks are rare, but may include infection, bleeding, allergic reaction, headache, dural puncture, temporary numbness or tingling, weakness, and nerve injury.

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Side effects are rare and, when they occur, are usually due to the steroid itself. These include, but are not limited to, pain at the injection site, headache, increased blood sugar, water retention, facial flushing, irritability, sleeplessness, burst of energy, and skin discoloration at the injection site.

You should contact your doctor or go to the emergency room if you experience any of the following symptoms: Severe headaches with nausea or vomiting, fever greater than 101°F, loss of control of bowel or bladder function, severe pain, and/or loss of function or feeling in the arms or legs.

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THIS PAMPHLET IS FOR GENERAL EDUCATION ONLY. SPECIFIC QUESTIONS OR CONCERNS SHOULD ALWAYS BE DIRECTED TO YOUR PROVIDER. YOUR PROVIDER CAN EXPLAIN POSSIBLE RISKS OR SIDE EFFECTS AND OTHER READILY AVAILABLE TREATMENT OPTIONS