



## **Hip Joint Injection**

### **What is hip joint injection?**

Joint injection can help soothe joint pain caused by arthritis and other painful/inflammatory diseases.

The hip joint is weight bearing joint is normally a cavity filled with gel type material. When the hip joint is inflamed or injured, it can cause pain. Steroid injected into your hip joint may help reduce the inflammation and alleviate the pain.

### **How is the hip joint injection done?**

The doctor will numb your skin with a local anesthetic while laying either on your stomach or on your back. Your position will be determined before the injection. Then a thin needle will be introduced into your hip joint to inject a mixture of anesthetic and steroid. You will be awake during the procedure. It only takes a few minutes, and you can go home the same day.

### **How effective is a hip joint injection?**

Some patients report pain relief within a few minutes after the injection, but pain may return a few hours later as the anesthetic wears off. Longer term relief may begin in two to three days, once the steroid begins working. How long the pain stays away is different for each patient. For some, the relief is long lasting. If the pain returns we will need to evaluate the next step.

### **What are the risks?**

The risk of complication from a joint injection is very low. However, there could be bruising, swelling or inflammation at the injection site.

Side effects of the steroid medication are rare, but can include:

- Flushed face
- Slight fever
- Hiccups
- Insomnia
- Headache
- Water retention
- Increased appetite
- Increased heart rate

- Abdominal cramping or bloating

These effects resolve within a few days.

### **What happens after the procedure?**

You can continue your regular diet and medications immediately, but do not do any rigorous activity for 24 hours after your hip injection. Take it easy. You can return to your normal activities the next day.

You may have numbness at the injection site for a few hours, but then your pain may return temporarily. It may take up to a week before the steroid begins to reduce your pain longer term. If you don't feel better within 14 days, see your doctor for more evaluation and to discuss different treatment.

### **Is hip injection right for you?**

Hip injection may be right for you if your joint pain has not improved after making simple lifestyle changes, such as resting the joint, using compression bands or taking anti-inflammatory medication. Talk to your physician about your symptoms and he/she will help decide what is right for you.