

Trochanteric Bursa Injection

This injection is intended to help relieve pain in the outside hip area that is caused by inflammation and swelling. Often this pain is chronic and worsens when lying on your side.

Conditions treated

You might benefit from a trochanteric bursa injection if you suffer from:

- Trochanteric bursitis
- Hip pain

Duration

Less than 30 minutes

How is it performed?

Prior to the steroid injection, the injection site will be cleansed and numbed with a local anesthetic. To ensure proper needle placement, the physician may utilize either fluoroscopic x-ray or ultrasound technology when inserting the needle. Once in the proper location, the physician will inject the steroid. Your vital signs will be monitored for the duration of the procedure.

Prior to your appointment

You may continue taking all medications except blood thinners before the procedure.

What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Weakness
- Increased pain
- Infection (very rare)

What to expect after the procedure

You might feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief.

Ice is typically more helpful than heat during the first two to three days after the injection.

You should not drive or engage in physical activity for 24 hours following the procedure.

You may resume taking medications and regular eating habits immediately.

Slowly ease back into exercise routines over a period of one to two weeks.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

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