

# Hip Joint Injection

A hip joint injection, sometimes referred to as an intra-articular hip injection, involves injecting a solution of local anesthetic and corticosteroid into the hip joint. The steroid is an anti-inflammatory medication, and it leads to pain reduction by decreasing the inflammation in the knee associated with conditions such as arthritis and labral tears.

## Conditions treated

You may benefit from a hip injection if you suffer from:

- Arthritis
- Bursitis
- Labral tears

## Duration

Less than 30 minutes

## How is it performed?

Prior to the injection, the injection site will be cleansed and numbed with a local anesthetic. X-ray or ultrasonic guidance will be used to ensure proper placement and positioning of the needle. Contrast (x-ray dye) may be injected to confirm the needle is in the proper location. Once proper placement of the needle is confirmed, the physician will slowly inject the steroid medication solution.

## Prior to your procedure

Having a driver is recommended.

## What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment with minimal risks of complications. Some possible side effects include:

- Allergic reaction — swelling, rash, or itchiness. Call a physician immediately if you exhibit any of these symptoms.
- Leg muscle weakness, numbness, or soreness
- Dizziness
- Mild headaches

## What to expect after the procedure

Immediately after the injection, you may feel that your pain is gone or has decreased. This is due to the local anesthetic injected and will last only for a few hours. Once the anesthetic wears off, your pain may return and you may have a sore head for a day or two. You should start noticing more lasting pain relief a few days after the procedure.

You may want to apply ice to the injected area, and avoid strenuous activity.

Call your physician if you experience any severe pain, redness/swelling/ discharge at the injection site, or fever/chills.

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