

Ischial Bursa Injection

An ischial bursa injection involves the use of a local anesthetic and corticosteroid to help alleviate the pain resulting from inflammation in the bursa. This pain is often in the center of the buttock and/or the hamstring.

Conditions treated

You might benefit from an ischial bursa injection if you suffer from:

- **Ischial bursitis**
- **Pain in the bottom while sitting**

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 will utilize x-ray 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

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 (except blood thinners) 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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