

Hip Joint Injection

The hip joints are where your thigh bone connects with your pelvis. Arthritis and injury in the hip joint may cause pain in your lower back, hip, buttock or leg. A hip joint injection can help confirm diagnosis and treat the pain.

What is the medicine used in the injection?

The doctor places bupivacaine, a local anesthetic, and a corticosteroid into your hip joint. The corticosteroid can cause fluid retention and raise blood sugar levels in people with diabetes. If you are on a fluid restriction diet or if you have diabetes, talk with your physician or other medical professional about managing these side effects.

Are these the same steroids that athletes take?

No. The steroids used in the hip injection are corticosteroids, which lessen swelling and irritation.

Will the injection cure my pain problem?

The corticosteroid does not cure the problem. It reduces inflammation and reduces pain. You should follow up with your orthopedist for other treatment options.

How do I prepare for my procedure?

You may eat a light meal prior to the procedure. You will need a ride home after the procedure due to possible weakness/numbness in your legs.

How is the procedure performed?

As you lay on your back, the physician will numb your skin at the injection site with local anesthetic. You may feel a stinging and burning sensation with this injection. After the skin is numb, the physician will give you the hip joint injection using X-ray guidance. The actual injection usually takes less than 10 minutes to give, but you should allow one hour for the entire clinic visit.

Is a hip joint injection safe?

Yes, this procedure is safe. However, there are risks, side effects and the possibility of complications (as there are with any procedure). Your doctor will discuss these with you prior to the injection.

When can I go back to my normal activities after receiving a hip injection?

You may not drive for six hours after the procedure. You can resume your normal activities immediately after leaving the hospital.

What do I do if the hip joint injections don't reduce my pain?

You should follow up with your physician for further treatment options.

Who should not have a hip joint injection?

People who have a fever or any sign of infection at the time of appointment should not receive an injection. A woman of childbearing age who knows that she is pregnant (or thinks she may be pregnant) should not have the injection. Please talk to your doctor if you have any concerns.