

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.

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

If this procedure is done at the surgery center, you will have the option of receiving no sedation or:

- oral sedation – or –
- intravenous sedation

If choosing sedation, you must not eat for six hours or drink anything for four hours before the procedure.

If this procedure is done using ultrasound in the office, no sedation will be offered and having a driver is recommended.

Conditions treated

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

- Arthritis
- Bursitis
- Labral tears

To schedule a procedure

Please contact the nurse navigators to schedule any procedure.

- for McCullough-Hyde Ross Medical Center, call 513 246 7182*
- for Good Samaritan Hospital and Bethesda Surgery Center, call 513 246 7958*

*Please note these numbers are for scheduling only

To ask other questions

Please call 513 246 7000. Select Option 3 three times.

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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.

Unless you received IV sedation, you can drive yourself home.

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.