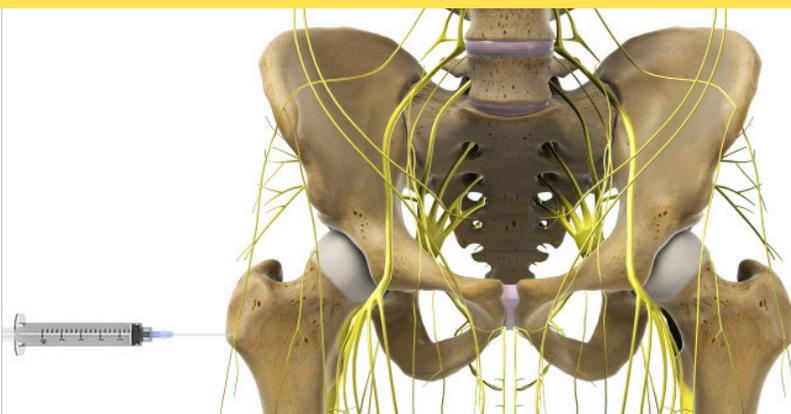


# Trochanteric Bursa Injection



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.

## 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 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

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

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)

## Conditions treated

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

- Trochanteric bursitis
- Hip pain

## 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.

[more on back](#) ▶

# Trochanteric Bursa Injection

◀ continued from front

## 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.