

## Information for Patients - *Hip Joint Injections* Dorset Musculoskeletal (MSK) Services

### What will happen to me before the procedure?

When you arrive for your hip joint injection you will be shown into to a changing room and change into a theatre gown. Your blood pressure will be taken by a nurse, in day surgery.

### What will happen to me during my procedure?

A nurse will take you from the day surgery unit into the theatre where the procedure will be done.

Once in theatre, the procedure will be explained to you and you will be given the opportunity to ask any questions.

You will then be asked to sign a consent form.

You will be asked to lie on your back or on your side.

An x-ray machine is used to help locate the hip joint correctly.

The doctor/practitioner will feel for the correct entry point and sometimes mark it.

Following this they will inject the skin with a local anaesthetic before inserting the needle into the hip joint.

Once the correct placement has been found, a small amount of dye is injected into the hip joint. This is so we can be sure it is inside the joint - as it shows up on the x-ray. Steroid and local anaesthetic solution is then injected.

The injection may cause some temporary discomfort but this will settle quickly.

### Does the steroid have any side-effects?

The steroid injection is designed to stay inside the joint and should have very little effect on the rest of your body.

However, these are possible side effects:

- Temporary increase in the pain during the injection or for 24-48 hours afterwards.
- Diabetics may notice that their blood sugar is raised for a week or so after the procedure.
- Women may notice menstrual irregularities.
- Facial flushing for up to 48hrs after the procedure.

**You should not have this procedure using x-rays if you are pregnant, due to radiation.**

### Will the pain go away?

Once the local anaesthetic has worn off, your pain may return. The steroid can take up to three to four weeks to have its full effect on the hip. Some people find that they feel a bit bruised after the procedure. This is normal and can be helped b-y normal pain medication.

### Going home

You must not drive after the procedure and we would ask that a friend or relative would drive you home that day.

Following your hip joint injection we recommend that you go home and rest for the remainder of the day. It is also recommended that you do not drive for 12 hours after the injection.

You may take any regular medication you have, and you can take painkillers if necessary.

If you have any queries you can contact the MSK secretaries on 01305 762631.

The information in this leaflet is available in additional languages and alternative formats.  
Please contact the Trust for further details.

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