

Hip Injection Post-Operative Information

What is a Hip Injection?

A hip injection is a way of delivering medications to a specific target in the hip. Some locations can be achieved in the office such as the greater trochanter bursae, while others are best done with either ultrasound or x-ray guidance in the operating room. These locations include the hip joint, the psoas tendon, the piriformis tendon, the pubic cleft, and others.

What is injected?

Different medications can be used including a numbing medication such as lidocaine, an steroid such as celestone and occasionally, lubricating medication such as orthovisc.

Bandages:

You will have a bandaid covering the injection site. You can remove it the next day. It does not need to be replaced unless you are still bleeding.

Recovery:

You may feel better as soon as the injection is done due to the numbing medicine. This medicine will wear off prior to the steroid having full effect. When this happens, you may be *more* sore than you were before the injection, this is normal. The steroid will start to have its full effect in 24-48 hours and can last for weeks to months.

Weight Bearing:

You can put all of your weight on the affected side. You do not need crutches.

Physical Therapy:

You should start physical therapy again once the discomfort from the injection has gone away. This is usually 2 days later. You should rest your hip if it is sore from the shot on the day of and the day after the injection.

Pain Control:

Over the counter anti-inflammatories or tylenol are the best medications if you feel discomfort from the injection.

Follow Up:

Please schedule an appointment to see Dr. Petre in 2-4 weeks after surgery. Please take note of how the shot makes you feel immediately after the procedure and for the next few days as it is important to your diagnosis.

