

## Hip Injection Pre-Operative Information

### What is a Hip Injection?

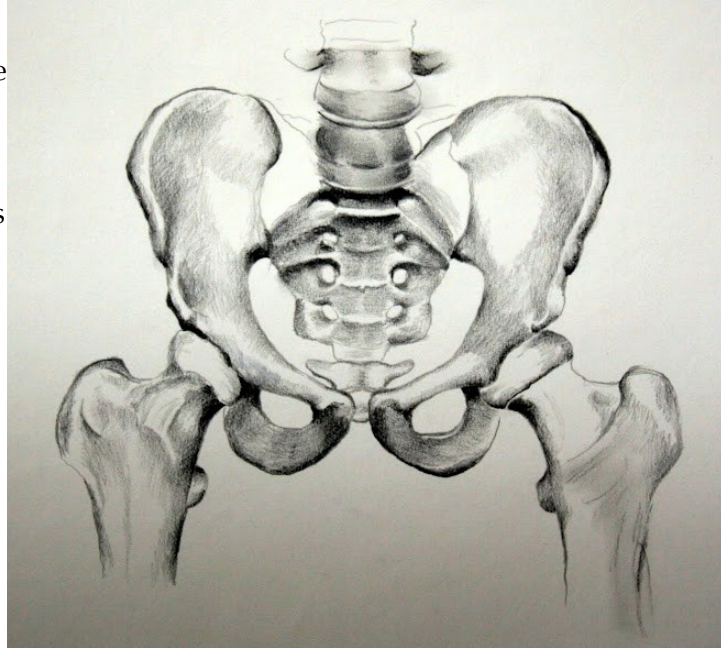
A hip injection is a way of delivering medications to a specific target in the hip. Some locations can be achieved in the office such as the greater trochanter bursae, while others are best done with either ultrasound or x-ray guidance in the operating room. These locations include the hip joint, the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

### What purpose does a hip injection serve?

A hip injection usually serves two functions. First, the medication is used to treat pain and inflammation in the location in which it is placed. Second, it can be a diagnostic tool. Say for example you have hip pain in a few different places on the same hip, it can be hard to distinguish what pain is coming from what structure. If numbing medicine is placed into a specific target, and some of the pain goes away, it is likely that that target was the source of that pain. This can be very important information especially if planning surgery.



### Will I need to stay in the Hospital?

No, you can go home almost directly after the procedure.

### How long before the injection works?

Most patients get almost immediate benefit from the numbing medication. The steroid medication does not typically start working for approximately 48 hours. There may be a period of time between the numbing medicine wearing off and the steroid kicking in the you are more sore because of the extra fluid in or around your hip.

### Will I need pain medicine?

No. The hip injection should make you feel better.

### How should I prepare for the procedure?

Don't eat or drink anything starting at midnight on the day of the procedure. Keep you skin clean, but do not shave the skin the day of the procedure. You may take all of your normal medications.