



# Nigel Donnachie

Consultant Hip & Knee Surgeon

## HIP INJECTION UNDER GENERAL OR LOCAL ANAESTHETIC

### The benefits of a hip injection

The purpose of administering a hip injection is to reduce pain, inflammation and swelling in a painful joint or around a painful area such as the trochanteric bursa. The aim is to allow you move the hip more easily and comfortably. Steroid reduces swelling and inflammation but cannot reverse arthritic wear.

It is important to note that hip injections do not work for everyone. Some patients experience many months of symptom relief following a hip injection. However, for some patients the results are short term and if this is the case for you Mr Donnachie will discuss ongoing management options.

In some cases, a hip injection may be used as a means of diagnosing a specific cause for the pain you are experiencing. This may be the case if, for example you are experiencing a mixture of back pain and hip pain. By injecting the hip joint, it is possible to establish the degree to which your hip is contributing to your overall symptoms and this in turn will help Mr Donnachie to establish an ongoing management plan for you.

### The risks of a hip injection

Adverse reactions and side effects are rare. Some patients experience quite a painful reaction after the injection lasting two to four days, this will normally settle. Other risks include infection, nerve damage, bleeding and bruising.

### How is a hip injection performed?

A thin needle is inserted into the hip joint or the painful area around the hip. This is done using x-rays, to guide the position of the needle. Then a combination of local anaesthetic and a low dose steroid are injected. The type of steroid used is a synthetic drug, which acts like a natural hormone (cortisol) produced by your body.

You may have more than one injection. If you have too much fluid in your joint making it feel tight and uncomfortable, Mr Donnachie may draw the fluid out with a syringe before injecting the joint. This is known as a joint aspiration.

### After the procedure

As local anaesthetic is combined with the steroid injection, your hip may initially feel relatively pain free. However, overuse of your hip in the first six hours after the injection



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may aggravate your symptoms and should therefore be avoided. You may require simple painkillers for the first few days after the injection.

The full benefits of a hip injection may take several days, and in some cases several weeks to be fully apparent. It is useful to keep a record of your progress and the level of symptom relief you have experienced following the injection so that you can discuss this with Mr Donnachie when you are seen for follow-up.

## **Follow up care**

An appointment will be made for you to be seen by Mr Donnachie in the Outpatient's Department.

If you have any problems such as a high temperature/ fever, increasing redness/ swelling around the hip or injection site, increasing pain that continues to get worse or increasing difficulty moving the joint, please contact the hospital immediately or alternatively contact your General Practitioner for further advice.

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