



Hip Joint Injection

How would the hip joint injection be helpful?

If the hip joint becomes painful it may cause pain in the hip, groin, buttock, and/or leg. A hip joint injection serves two purposes. First, if the anesthetic (numbing) medication placed into the joint causes immediate pain relief, this will help confirm the joint as a source of pain. Next, the steroid medication will help reduce inflammation within the joint and may lead to longer pain relief.

What happens during the procedure?

You will lie face up on a procedure table. The physician will use fluoroscopic (x-ray) guidance to visualize the hip joint. The physician will scrub your skin with sterile soap and place a drape on your hip. The physician will numb a small area of skin with anesthetic medication. After the anesthetic has been given time to be effective, the physician will then direct a very small needle using fluoroscopic guidance into the hip joint. The physician will inject a small amount of contrast (dye) to insure proper needle position and then a small mixture of anesthetic and steroid into the joint.

What happens after the procedure?

Immediately after the procedure, you will go to a recovery area where you will be monitored for up to fifteen minutes. Your leg may feel weak or numb for up to several hours after the procedure.

General Pre-op and Post-op Instructions:

- You will be scheduled at one of the facilities listed below. You will be at the facility approximately 1-1.5 hours total.
- You should take your routine medications (ie. blood pressure, diabetic medications) the day of your procedure.
- You must not eat any food six hours prior to your appointment.
- You may have sips of clear liquids up to two hours prior to your appointment
- You may want to wear loose, comfortable clothing to your appointment.
- You may return to your normal activities following the procedure, including returning to work.

Location of Procedures:

Desert Spine and Sports Physicians - Phoenix Office

3700 N. 24th Street
Suite 210
Phoenix, AZ 85016

Desert Spine and Sports Physicians - Mesa Office

6634 E. Baseline
Rd. Suite 101
Mesa, AZ 85206

Desert Spine and Sports Physicians - Scottsdale Office

8670 E. Shea Blvd.
Suite 102
Scottsdale, AZ 85260

Desert Spine and Sports Physicians - Peoria Office

13128 N. 94th Drive
Suite 200
Peoria, AZ 85381

Desert Spine and Sports Physicians - Gilbert Office

3615 S. Rome St.
Gilbert, AZ 85297

If you need to reschedule this appointment, please give 24 hours notice and call **602-840-0681**.