



## **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 Phoenix office: 3700 N 24<sup>th</sup> Street, Ste 210. Phoenix, AZ 85016
- Desert Spine and Sports Mesa office: 6634 East Baseline Rd Suite 101, Mesa, AZ 85206
- Desert Spine and Sports Scottsdale office: 8670 E Shea Blvd Suite 102, Scottsdale AZ 85260

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