

# Information for patients

## Hip Injections



## Adults and Paediatrics

## What is the hip joint?

The hip joint is the second largest joint in the body. It is a ball and socket type joint. It is contained in a tough layer of tissue known as the capsule. The space inside the capsule is sealed from the rest of the body. Hip pain can be from problems inside the hip joint, or from other causes such as muscles and tendons around the hip joint, back problems and other causes.

## Why am I having a hip joint injection?

**There are three common reasons to have a hip joint injection**

1. Pain relief- steroid is injected into the hip joint to reduce inflammation and help pain.
2. Diagnostic injection - local anaesthetic is injected into the hip joint to numb the inside of the joint for four hours. This helps to decide where the pain is coming from. For example, if the pain is from muscles around the hip joint, then an injection into the hip joint will make no difference to your pain.
3. As part of a scan, a special dye is injected into the hip joint before an MRI scan to make the scan more accurate.

## How is the injection performed?

For most people, the injection can be performed whilst you are awake using a local anaesthetic. Therefore you can eat and drink normally before the injection, unless you are going to have a general anaesthetic. All paediatric patients will have a general anaesthetic.

The procedure is performed in the x ray department or in the operating theatre. An x ray machine is used to make sure the injection is in the right place. The injection is given from the front of the hip joint. The skin is cleaned with a liquid which feels cold. The skin is numbed with a local anaesthetic injection in the skin. A needle is passed into the hip joint and x rays are taken. A small amount of dye is injected into the hip joint to be sure that the needle is in the hip joint. The anaesthetic, dye or steroid is then injected. The whole procedure lasts about 5 minutes.

## What should I do after the injection?

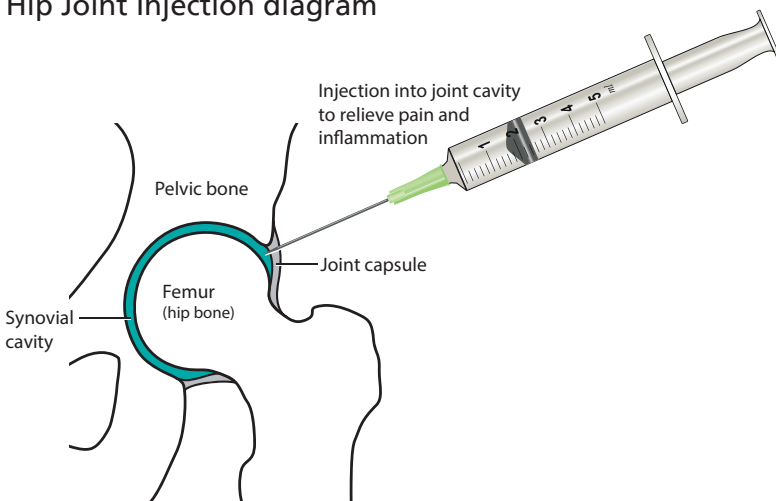
- Your hip will feel different afterwards. Sometimes the site of the injection can feel sore.
- You can move the hip, stand and walk immediately.
- You will need someone to take you home as it is not safe to drive afterwards.
- If you have had an injection of local anaesthetic alone, then this will wear off after about 4 hours. During this time you must test the effect of the injection (see below).
- If you wait too long then we will not know where the pain is coming from.

## How do I test the effect of the injection?

Before you come to hospital for the injection, find out what makes your hip pain start. Try this several times so that you are sure. For example, does your hip pain come on after walking 100m, squatting down, twisting, going up stairs etc?

After the injection, repeat the activity that makes your hip pain start and see if there is a difference. Make a note of this so that we can discuss it next time in clinic. Remember, the local anaesthetic injection wears off after four hours so you must test your hip during this time.

## Hip Joint Injection diagram



## If you require a special edition of this leaflet

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