

INFORMATION FOR PATIENTS UNDERGOING INTRA-ARTICULAR HIP INJECTIONS

The procedure is done in theatre under a quick general anaesthetic or sedation so that you do not feel pain while the injection is being performed.

Either on the ward or in theatre, Mr Stafford will examine your hip to recreate your symptoms or pain before you go to sleep.

While you drift off to sleep, Mr Stafford will use a low-dose x-ray machine to find the correct position for the injection. The skin is then cleaned and draped.

Once you are sedated enough that you will not be aware of it or move, a small needle will be placed into the hip joint for the injection. The position is confirmed by injecting some air or a special dye, which can be seen on the x-ray machine.

A mixture of local anaesthetic with or without anti-inflammatory steroid is then injected. The procedure should only take a short time, usually under 5 minutes.

After the injection is completed, while you are still sedated, Mr Stafford will move your hip about to wash the solution around inside the joint.

When you wake up in recovery, everything inside your hip joint should be numb, although you may feel some bruising on the side where the injection was performed.

The temporary relief of the local anaesthetic will last about 8 hours. While this is the case, Mr Stafford will re-examine your hip either in recovery or back on the ward to see how it is different from before.

It may, however, take 3-4 days for the effects of the anti-inflammatory steroid (if used) to become apparent.

The steroid is in a solution that prevents it circulating. It is therefore only locally acting and there are usually no generalised side effects.

Please do not drive on the same day of the injection. You do need someone to take you home and the day off work.

You will be able to go home and do everything as normal after the procedure although you should not do vigorous exercise for 72 hours after the injection. It is perfectly safe to drink alcohol and to take any medication after the injection.

There is no guarantee that the treatment will be effective but the majority of patients achieve good pain relief if their symptoms are indeed coming from the joint. This usually lasts for 8 - 12 weeks although some get less, but some get more.

When anti-inflammatory steroid is used, some of those patients (approx 30–50%) may experience pain for 24 hours after the injection- termed a “steroid flare”. This may require oral pain medication and usually settles by the following day, but it can last longer.

There is a very low risk of infection 1 in 5-10,000. However, the procedure will be done under sterile technique.

Signs of infection: pain, skin redness and high temperature. If you feel unwell or having any of these signs following the procedure, please contact us or your GP in the first instance or access A&E for further advice.

There are other very rare side effects of steroid injection such as local tissue thinning, hypopigmentation, tendon or tissue rupture or breakthrough menstrual bleeding. All these risks are far less than 1%.

Should symptoms persist beyond one week, please contact us.

You should arrange to see Mr Stafford in clinic 4 weeks following the injection.

PATIENT NOTES FOLLOWING INJECTION

Day 1

Day 3

Day 5

Week 1

Week 2

Week 3

Week 4

Time to see Mr Stafford