

INTRA-ARTICULAR HIP INJECTION INFORMATION SHEET

The procedure will take place at The Wellington - South Hospital. The code is W9240. The anaesthetist will be either Dr Chris Walker or Dr Nick Lees.



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



Please do not eat anything after midnight the night before. You may have sips of water for up to two hours before your admission time, if required.



Either in 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 special dye, which can be seen on the machine.



A mixture of anti-inflammatory steroid and local anaesthetic is then injected. The procedure should only take a short time, usually under 5 minutes. The substance is Depo-Medrone and 80mg is injected.



After your injection, while you are still sedated, Mr Stafford will move your hip about to wash the solution around inside the joint capsule and check the range of motion.



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 to become apparent.

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Helpmyhip@sporthiplondon.co.uk



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 take the rest of 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. 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 after the injection – this is known as “steroid flare”. This may require oral pain medication and usually settles by the following day.



There is a very low risk of infection 1 in 5- 10000. However the procedure will be done under sterile technique.



Please contact us or your GP in if you are having signs of infection, skin redness or high temperature.



There are other very rare side effects of steroid injection such as local tissue thinning, hypopigmentation, tendon or tissue rupture or breakthrough menstrual bleeding.



We will book an injection review for you with Mr Stafford 4-6 weeks following the procedure to discuss the outcome.



Should symptoms persist beyond one week, please contact us.

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PATIENT NOTES FOLLOWING INJECTION

Day 1**Day 3****Day 5****Week 1****Week 2****Week 3****Week 4**