

After the procedure

Patients are advised to consider the following:

1. You will be asked to rest for 15-30 minutes.
2. The anesthetic medication will wear off in a few hours and it's normal for you to feel pain at the injection site.
3. Cold compressions can be applied at home for 15 minutes three times a day.
4. You may take Paracetamol (Panadol) or other medication prescribed for pain. You will feel improvement after two to five days, this is when medications are expected to take effect.
5. You will be given an appointment for follow-up.
6. Go to the Emergency Department if you experience any complications.
7. If you have any further query, please ask your doctor at the day of the procedure.



Anesthesia Department
Chronic Pain Management Service

Patient and Family Education



patienteducation@hamad.qa



مؤسسة حمد الطبية
Hamad Medical Corporation

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Hip Joint

What is it?

The procedure involves injecting a local anesthetic and steroid medications in/ around the hip joint (nerve, tendon, bursa) to reduce inflammation or irritation. It is used either for diagnostics or therapeutic purposes.



Procedure Overview

Indications

The procedure is intended to provide relief to those individuals who are suffering from the following conditions:

- Degenerative changes of the joint
- Tendon tear
- Arthritis of hip Joints
- Bursitis



Before the procedure

Patients are advised to adhere to the following patient guidelines:

1. Fast for 6 hours prior to procedure.
2. Arrange for a family member/ friend to drive you home after the procedure.
3. Arrive at least 30 minutes early to avoid delays and cancellations.
4. Inform your physician about other disease conditions, medications or allergy to specific medications.
5. Inform your physician if you are pregnant.
6. Stop blood thinning medication (e.g. Plavix, Aspirin) as per your physician request.
7. Wear comfortable clothing and remove jewelries/ accessories before procedure.
8. You will be requested to wear the hospital gown.

9. An informed consent will be taken before the procedure.
10. An intravenous cannula will be inserted when needed.
11. You will be awake during the procedure and in a very rare situations, sedation may be needed.

During the procedure

Your clinical team will assist with the following:

1. Help position you on your back. We may need another position.
2. Monitor your vital signs during the procedure.
3. Clean and drape your back for the procedure to reduce the risk of infection.
4. Administer local anesthesia at the site of treatment to numb the area.
5. Administer guided ultrasound or Fluoroscopic X-ray during the procedure.
6. A local anesthetic and/ or steroids (for reducing inflammation) will be injected in the affected hip joint.