

JOINT INJECTION - HIPS



APPOINTMENT:

___/___/___ @ ___:___ am/pm

Re-schedule/cancellations:

308.995.3305

Please arrive at the hospital 15 minutes prior to your appointment to check in.

What is Joint Injection?

This procedure is used to manage pain in the joints surrounding the hips.

___ **Sacroiliac Joint Steriod Injection:** 20-30 minutes per joint. No prep.

___ **Hip Joint Injection:** 30 minutes. You should avoid driving or doing any strenuous activities on the day of injection. Bring a relative or friend to drive you home.

Procedure

- You will lie on your back or stomach depending on the procedure, and the skin over the area will be well cleaned.

- The physician numbs a small area of skin with an anesthetic (a numbing medicine). You may feel a sting that will last a few seconds.

___ **Sacroilian Joint Injection:** The physician uses computed tomography (CT) to direct a very small needle into the joint.

___ **Hip Joint Injection:** The physician uses Fluoroscopy (x-ray) for guidance in properly placing the needle.

- A small mixture of anesthetic and steroid (cortisone) is then slowly injected. The needle is removed and a small band-aid is used to cover the entry site. You may notice a slight increase in pain lasting for a few days as the numbing medicine wears off and the cortisone is just starting to take effect. You may begin to notice pain relief starting 2-5 days after injection.

Contact our Imaging Department
with any questions:

308.995.2890

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