



What to Expect on the Day of your Ultrasound Guided Hip Injection

- You can either wear athletic shorts that can easily pull down to your hip, or we will provide shorts for you to change into.
- We ask that you be in the procedure by yourself. Your loved one or driver can be with you while we briefly explain the procedure, but then they will be asked to wait in the waiting room during your procedure.
- You will lay on the exam table on your back with hips facing upwards towards the ceiling.
- We will use the Ultrasound Machine to locate your hip joint. We will draw with a marker on your skin to mark your hip joint and area for injection.
- We will then clean your skin with Chlorahexadine soap prior to completing your injection.
- We will first numb your skin prior to your injection. We do this with lidocaine.
- Then, we use **lidocaine and steroid (DepoMedrol)** into your hip joint. The numbing medication (**lidocaine**) starts to work and you feel benefit almost immediately with improved pain and range of motion on the same day as your injection with the possibility of some pain returning on the second day. The lidocaine can cause the legs to be somewhat weak, so be careful when walking in order to not fall or obtain any other injuries.
- The **DepoMedrol (steroid medication)** can take up to 3-5 days to take effect. This is the medication that is meant to provide you with longer term relief of your symptoms. Some people get several years of relief, while others get only a few weeks. This depends on the severity of your diagnosis. We can safely repeat the injection every 2-3 months or 4 times per year.
- The hip injection takes about 10-15 minutes to complete, but expect to be here for 40-45 minutes to account for paperwork, changing, and discussing any questions that you may have.
- You should followup with the surgeon who ordered the injection. He/she will need to know how much relief you got from the injection. Please complete the pain diary and return this to them. It will help them to know what your diagnosis is and if you will need repeat injections and/or surgery in the future.
- If you have any questions, please call our office.

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