

LYALL J. ASHBERG, MD

HIP PRESERVATION AND REPLACEMENT

PEDIATRIC ORTHOPAEDICS

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Hip injection instructions/expectations

Dear patient,

Thank you for allowing me to assist you in treating your Orthopaedic problem. I am happy to provide you with instructions and things to expect after your joint injection.

- Two types of injections are administered: Diagnostic and Therapeutic
 - **Diagnostic injection** entails the injection of *local anesthetic* (Lidocaine) only which is used to help rule in/out the hip as the source of your pain. This is the same medication the dentist uses to numb your tooth before a dental procedure.
 - This may sting during the injection and then starts working (pain relief) in about 1-5minutes.
 - The numbing effect usually lasts for about 1 hours and then begins to wear off.
 - Most people feel a little sore after these injections because of the volume injected. This will usually go away in a day or two. An over-the- counter anti-inflammatory (if you have no medical contraindication to taking this type of medication) or Tylenol can help with the soreness.
 - Your leg may feel a little “wobbly” after the injection because occasionally some of the will leak around the femoral nerve.
 - This is nothing to be alarmed about and should wear off.
 - The rare patient will experience dizziness, numbness around the mouth and difficulty speaking or irregular heart beat. This is usually transient, but should be brought to the doctors attention immediately.
 - **Diagnostic/Therapeutic injection** entails injection of a *steroid* medication (“cortisone”) or stem cells along with the *local anesthetic* (Ropivacaine) for purposes of treatment as well as immediate pain relief.
 - As with the diagnostic injection, most people feel much better within 1-5 minutes and then the local anesthetic begins to wear off (usually 12 hours when using Ropivacaine).
 - It then takes the steroid medication about 3-5 days to begin to work and you should start feeling better.
 - It can last anywhere from a few days to 3-4 months (everyone is different). Don’t be alarmed if you feel a little worse after the injection between days 1 and 3; this is normal. Again, you can take an anti-inflammatory or of your choice or Tylenol during this time to help with this.
 - **All injections** about the hip are done with ultrasound guidance which ensures that the medication is administered exactly in the desired location and is the most accurate method of hip injection
 - Other **things** you can do to help feel better in the first few days:
 - Ice for first 12 hours: 20 mins on, 20 mins off, while awake
 - Rest: Don’t do vigorous exercise over first 48 hours after injection.
 - Medication as noted above
 - **Things to watch out for:**
 - Severe, worsening pain
 - Progressive redness or swelling at the injection site
 - High fever within 24 hours of the injection (Temp>101 degrees F)
 - Excessive pain beyond 3-4 days after the injection
 - Slurred speech, irregular heart beat or dizziness
- **If you experience chest pain, shortness of breath or symptoms of severe allergic reaction (hives, tightness in the throat), call 911 or go to your nearest emergency room**
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- **As always, if you have any questions or concerns, please don’t hesitate to contact our office: (561) 627 8500**

Sincerely,

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