

## Joint Injection: Hip



### Overview

This outpatient injection procedure relieves hip, leg or buttock pain caused by arthritis or other damage to the hip joint.

### Preparation

The patient lies down, and the hip is cleaned and sterilized. Local anesthesia is administered to numb the tissue at the injection site.

### Needle Insertion

The physician may use an x-ray device called a fluoroscope to guide a needle to the hip joint. Contrast dye is injected to confirm the needle's position.

### Pain Relief Injection

A mixture of anesthetic and steroid medication is injected into the joint to reduce inflammation and relieve pain.

### End of Procedure

The needle is slowly withdrawn, and the injection site may be covered with a small bandage. Extended pain relief usually begins within two to three days of the injection. In some cases it may be necessary to repeat the procedure up to three times to receive the full benefits of the treatment.

