

# Hip Injection

Dr. McCormick

## **Before your hip injection**

*If your injection is for diagnostic purposes* please MAKE SURE YOUR HIP HURTS BEFORE THE HIP INJECTION. If you have no pain after the injection then we can conclude that the pain comes from inside your hip. If you have no pain before the injection we cannot be as certain.

*If your injection is for pain relief purposes* no special procedures are necessary before or after the injection.

## **Your hip injection**

Your hip injection will start with either numbing medication in your skin or short sedation. Using an Xray machine for guidance Dr. McCormick will inject a small amount of contrast dye to confirm that the needle is in your hip joint. Following this some long acting numbing medication will be injected. Depending on the problem in your hip Dr. McCormick may also recommend adding cortisone to this injection. The injection takes approximately 15 minutes.

## **After your hip injection ONLY IF DONE FOR DIAGNOSTIC PURPOSES**

After your hip has been injected please IMMEDIATELY DO THE ACTIVITIES THAT NORMALLY MAKE YOUR HIP PAINFUL as the numbing medication only lasts 4-8 hours.

Please make note of:

- what activities you did after the injection
- the intensity of your "normal" hip pain
- when your "normal" hip pain returned

You will be asked to return to our office for a follow-up visit to discuss the results of your hip injection.

## **Call our office at 715.858.4650 if:**

You experience an allergic reaction.

You experience swelling, redness, discharge or are otherwise concerned that you may have an infection.

[www.mccormickortho.com](http://www.mccormickortho.com) for more information more educational videos and postoperative protocols