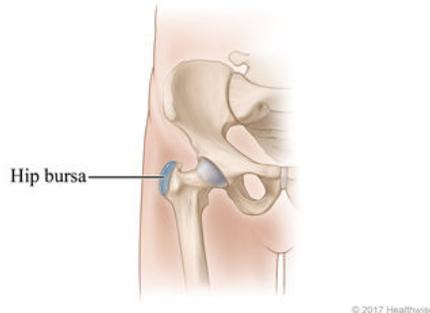




LEARNING ABOUT HIP BURSA INJECTIONS



What is a hip bursa injection?

A bursa is a small sac of fluid that cushions an area between tendons and bones. The bursa on the outer side of the hip bone is called the trochanteric (say "TROH-kan-TAIR-ik") bursa. Sometimes it can become swollen and painful. This condition is called bursitis.

An injection into the bursa is a shot of medicine to reduce pain and swelling. The medicine may include pain relievers and steroid medicines. A steroid shot can sometimes help with short-term pain relief when other treatments haven't worked.

How is a hip bursa injection done?

First, the area over the bursa will be cleaned. Your doctor may use a tiny needle to numb the skin over the area where you will get the injection. If a tiny needle is used to numb the area, your doctor will use another needle to inject the medicine. Your doctor may use a pain reliever, a steroid, or both. You may feel some pressure or discomfort. Your doctor may put ice on the area before you go home.

What can you expect after the injection?

You will go home soon after your injection. You may have numbness over your hip for a few hours. If your injection included both a pain reliever and a steroid, the pain will probably go away right away, but it might come back after a few hours. This might happen if the pain reliever wears off and the steroid has not started to work yet. Steroid medicine generally takes a few days to work.

If the pain comes back, you can put ice or a cold pack on your hip for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin. Follow your doctor's instructions carefully. Avoid strenuous activities on the day you get the shot, especially those that put stress on your hip. Steroids don't always work, but when they do, the pain relief can last for several days to a few months or longer.