



EVOLVE

RESTORATIVE CENTER

Bursa Injection

General Information

Your health care provider has determined that a bursa injection would be helpful in treating your chronic pain condition. A bursa is a small fluid filled sac located around bones, muscles, and tendons. Bursas provide cushion and reduce friction between two surfaces that move in opposite directions. Sometimes bursas can become irritated and inflamed, causing pain. This is known as bursitis. Placing medication directly into the bursa can help treat your pain, depending on the area of the body injected. These injections are commonly performed to treat a variety of pain syndromes, including:

- Shoulder Bursitis
- Elbow Bursitis
- Hip Bursitis
- Knee Bursitis

Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix).

The procedure is performed in a variety of ways. It may be performed most simply by having the provider feel around the joint and identifying the bursa by touch. Bursa injections may also be performed using image guidance, using either an ultrasound or a fluoroscope (x-ray). The injection may be performed in the office or in a surgery center.

If the procedure is performed in a surgery center, expect to arrive at your scheduled time and check-in. Afterwards, you are brought to the pre-operative area where you will be placed in a gown. An IV may be placed in your arm at that time. Then, you will be escorted to the procedure room. You will be placed on a special table to perform the procedure. An X-ray/fluoroscope is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area once it is cleaned. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you

will feel a pressure and a poke. Once the bursa is entered, the medication is injected, which can include steroid, normal saline, and/or local anesthetic. Band-Aids are applied to the injection sites. You are then escorted to the post-operative area and then discharged to home.

Post-Procedure Instructions

Typical things to expect may include:

- Numbness or tingling or transient weakness in the area of pain
- Some soreness around the injection site
 - Ice may be applied
- Resume all medications as instructed by your provider
- No activity restrictions are necessary except you should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three days after the procedure. Showers are OK.
- Keep post-operative appointment

Things to Look-out for

Please contact our office (844) 527-7369 if you experience:

- Weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills
- Any questions