



HIP INJECTION / ARTHROGRAM

Dr. Safran's Instructions Stanford Sports Medicine

1. To inject fluid in the hip, even if you are going to get an MRI, imaging is needed to help guide the needle and to assure the needle is in the correct location – within your joint.
2. What is injected in your hip will depend on the purpose of the injection
3. Your injection will include a local anesthetic (numbing medicine)
4. BEFORE you have the injection (on the day of the injection), move your hip into the position(s) that normally hurt. This way, you know how much your hip hurts that day
5. 1 - 2 Hours AFTER you have the injection, move your hip into the same position(s) that hurt prior to the injection
6. Compare how much pain you have after the injection as compared to before the injection
7. Call Jodi, at 650-721-7779, the same day that you had the injection to let her know if it made your hip pain better or not. If it did make you feel better, how much better (as an example, 5%, 25%, 50%, 80%, 100%)
8. You may drive after the injection
9. You may return to work after the injection
10. Do not participate in sports or heavy activity the day of the injection.
11. The risk of the injection includes an allergic reaction and/or infection – both of these are rare.