



ORTHOPEDIC ASSOCIATES OF HARTFORD, PC
Enfield, Farmington, Glastonbury, Hartford, New Britain, Newington, Rocky Hill
www.oahct.com

Pre-Procedure Information **Hip Intra-articular Injection**

Your treating physician has recommended that you undergo a hip injection for both diagnostic and potential therapeutic relief. Hip intra-articular injections are performed on those patients who have persistent hip pain who do not respond to non-invasive treatments including physical therapy and oral medications. This procedure is performed using sterile technique in an Operating Room with the use of fluoroscopy (which is real-time x-ray).

This procedure includes the injection of both a local anesthetic, such as Marcaine as well as a long-acting corticosteroid such as Celestone. Both of these medications decrease inflammation, pain and swelling in the hip joint. Contrast ensures that medication is appropriately placed within the joint itself.

General Information

1.) All procedures are done in the Operating Room at **the following locations:**

- **Dr. Memmo performs his cases at:**
 - Orthopedic Associates Surgery Center**
1111 Cromwell Ave., Rocky Hill, 860-529-0295
 - **Dr. Codisoti performs his cases at 2 locations:**
 - Glastonbury Surgery Center**
195 Eastern Blvd., Glastonbury, CT 06033 860-633-0003
- or*
- Southington Surgery Center**
81 Meriden Ave.
Southington, CT 06489 860-378-8228

2.) Please call the surgery center between 2 – 3 pm the business day prior to your procedure for your arrival time. A nurse will call you 2 – 3 days prior to your procedure to ask pertinent questions relating to your procedure

3.) Patients who feel anxious can ask your physician for a prescription for Valium prior to the procedure. **Patients who receive sedation must have a designated driver.**

4.) The medications that may be used by your physician are listed here:

- ***Omnipaque**~ contrast dye that is visualized using fluoroscopy (x-ray).
- ***Lidocaine**~ numbing agent injected into the skin before the needle is inserted.
- ***Marcaine**~ short-acting numbing medication injected to reduce pain.
- ***Steroid**~a long-acting agent to reduce inflammation, and reduce pain.

5.) You may have a light breakfast and/or lunch prior to the procedure, unless otherwise directed by the nurse.

6.) A nurse will discuss with you any specific restrictions based on your procedure. Most people are able to return to work the same day. Any job restrictions can be discussed with your physician.

7.) Please bring your insurance cards and photo identification. Please arrange to have someone drive you home.

Contraindications

Patients with the following medical conditions are **NOT** to undergo this procedure and should notify your physician of these conditions:

- 1.) Pregnancy
- 2.) Bleeding disorder such as problems with clotting
- 3.) Systemic Infection

- 4.) Uncontrolled high blood pressure
- 5.) Uncontrolled Diabetes

Alerts

***Please advise your physician if you have an allergy to shellfish, contrast dye, or if you have uncontrolled high blood pressure; congestive heart failure or impaired kidney function.**

Patients taking **Metformin, Acto plus Met (Glucophage/Riomet), Avandamet, Glucovance, Metaglip or Janumet** must discontinue these drugs the day of the procedure. These medications can be resumed 24 hours after the procedure. This is due to a potential interaction with the contrast dye that is administered.

Potential Complications

Rare but potential complications that have been reported in the medical literature include the following: Infection, bleeding. It should be recognized that for all procedures, meticulous sterile technique is utilized; procedures are performed in an operating room with state of the art equipment including fluoroscopy (x-ray). The use of contrast dye is utilized to appropriately localize the flow of medication that is injected.

Potential Side Effects

Some potential side effects you may or may not experience include: pain at the injection site; facial flushing or feeling warm; insomnia; stomach upset; increased energy; increased appetite; and/or abnormal menstruation.

Patients with Diabetes may experience an increase in blood sugars, and will be required to monitor their blood sugars for 7 days.