



# Patient Information Leaflet:

## Hip joint injection

Please read this leaflet carefully before giving consent for the procedure. This leaflet provides you with important information about the **Hip joint injection** procedure, which will be performed in the theatre on a separate day following your consultation. If you have any questions, please feel free to ask.

### Before the Injection

#### Initial Consultation

During your first appointment, you will have a detailed consultation with Mr Bitar to discuss your symptoms, medical history, and the need for a hip joint injection. This is an opportunity to ask any questions about the procedure, including potential risks, benefits, and alternatives.

#### Scheduling the Injection

The injection will not be performed during the consultation. A separate appointment will be scheduled for the procedure once you and Mr Bitar have agreed that it's the appropriate treatment for you.

#### Consent in Clinic

Consent for the procedure will be obtained during your consultation. You will be provided with all the necessary information about the injection, including the risks and benefits, so that you can make an informed decision. You will be asked to sign a consent form confirming your understanding of the procedure.

### In the Theatre

#### Theatre Setting

The injection will be carried out in a sterile theatre environment, ensuring the highest standards of safety and comfort. A member of the medical team will be present with you from start to finish during the procedure to ensure your safety and comfort.

#### Preparation and Anaesthetic

Upon entering the theatre, the area around the joint will be cleaned thoroughly to reduce the risk of infection.

Local anaesthetic will be administered to numb the area where the injection will be given. This ensures that you are comfortable and that the procedure is as pain-free as possible.

## **Positioning**

You will be asked to lie flat on your back to allow access to the hip joint which is deeper than you think. We will ask to expose the area around the groin. We will always respect your privacy and dignity.

## **The Procedure**

The injection will be guided using imaging techniques (such as fluoroscopy or ultrasound) to ensure precise needle placement.

Mr Bitar will inject a mixture of local anaesthetic and corticosteroids into the joint to reduce inflammation and alleviate pain.

## **After the Injection**

### **Recovery in Theatre**

After the injection, you will be monitored for a short period to ensure that you are stable and comfortable. The effects of the local anaesthetic will wear off gradually.

### **Post-Procedure Care**

You may be asked to rest for the remainder of the day. Avoid heavy lifting or strenuous activities.

Over-the-counter pain medications (such as ibuprofen or paracetamol) can help manage any mild discomfort after the procedure.

Please do not drive yourself home after the injection. Arrange for someone to accompany you, as temporary numbness or weakness may affect your ability to drive safely.

### **Possible Side Effects**

Bruising, swelling, or redness at the injection site is common and should improve in the following days.

In rare cases, the local anaesthetic may temporarily affect nearby nerves, leading to numbness or weakness in the leg. This typically resolves within 24 to 48 hours.

Some patients may experience a flare-up of pain for a day or two after the injection as the medication begins to take effect.

Infection, though rare, is a potential complication. If you notice signs of infection (redness, warmth, pus), please contact us immediately.

## **What are the Alternatives?**

Alternatives include:

- Pain medications (e.g., paracetamol, anti-inflammatories)
- Physiotherapy and exercise

## Understanding and Giving Consent

Before we go ahead with the injection, it is important that you feel fully informed and comfortable with the decision. This includes understanding what the procedure involves, why it's being recommended, and what the risks and benefits are.

By reading this leaflet and discussing the procedure with me in clinic, I hope you feel confident that:

- You understand your condition, and that the injection is offered to relieve the pain
- You are aware of other treatment options, such as pain relief, physiotherapy.
- You know about the potential benefits and understand that there are some risks involved—as with any procedure.
- You have had time to ask questions and talk things through, and you feel your concerns have been listened to and answered clearly.
- You know that injections results cannot be guaranteed to last long, and, in some cases, they are used as a diagnostic tool. Which means your symptoms may not improve which can mean that the symptoms are not related to the injected site.

Consent is not a one-off event—it's an ongoing conversation. You're free to ask more questions, request further information, or change your mind at any point up until the day of your surgery. We are here to support you in making the decision that feels right for you.

## Follow up appointment

A follow-up appointment may be arranged to assess your response to the injection and discuss any further treatment options.

## Further Information

If you would like more details or wish to discuss anything in this leaflet, please contact my secretary on 01902936690 to arrange an appointment.