
Post-Operative Instructions: Hip Injection

Wound Care

- Please do not get the injection site wet for 24 hours
- You can remove the dressing and leave the injection site open to air

Activity

- No strenuous activity for 24 hours.
 - After 24 hours you may resume your usual activity

Please be sure to take note of your pain level after your injection.

Follow-Up: It can occasionally take several days for the steroid medication to help relieve your pain. You can schedule an appointment to come back to see us to discuss further steps to help address your pain or you can follow up on an as needed basis. You can call 813-684-2663 to schedule an appointment. Alternatively, you can use the patient portal found on our website to schedule your appointment.

Common Problems

- Pain following the injection – some people can have increased pain the evening after the injection, if this occurs we recommend over the counter pain medication (Tylenol or Ibuprofen) to relieve the pain.
- Return of your pain – depending on the indication for the injection sometimes your pain can return, as noted above it can take at least 3 days before we know if the steroid in the injection will relieve your pain.
- **Call our office at 813-684-2663 if you experience one of the following:**
 - Temperature of 101° or higher
 - Drainage from your incision
 - Increasing redness around your incision
 - Increasing pain around the incision, unrelieved by pain medication
 - Excessive calf pain or thigh pain and swelling that does not go away with rest or elevation.