

**LAKE DISTRICT HOSPITAL
DIAGNOSTIC IMAGING**

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HIP JOINT INJECTION DISCHARGE INSTRUCTIONS

1. You have received a hip joint injection, so you should not drive for 6 hours after your injection.
2. You may experience pain and/or soreness at the site of the injection. You may apply ice packs to the injection site after approximately 12 hours. You may shower when the bandage is removed. No submerging in water (bath tub, hot tub, swimming, etc.) for 24 hours after procedure.
3. A very small percentage of patients may experience an increase in their usual pain for two to three days following the procedure. If this increase in pain persists past three days, please call your healthcare provider.
4. You may resume taking any medications you stopped prior to the procedure. You may continue to take your pain medications as prescribed. If you received a steroid injection, please allow up to 10 days for the steroid to start working. Most patients state they start to feel a benefit after 2 - 4 days.
5. Please follow up with your healthcare provider.
6. If you are diabetic, and received a steroid injection, the steroids may temporarily increase your blood sugar levels. If this occurs, please notify your healthcare provider. Your diabetes medication may need to be adjusted. Generally, your healthcare provider would like you to call if your blood sugar is above 200.
7. Steroid side effects may include facial flushing, water retention, headache, insomnia and restlessness. These effects are usually mild and short in duration, rarely lasting beyond one or two weeks.
8. All prescription pain medications should be obtained from your healthcare provider.
9. Please call your healthcare provider if you develop any of the following problems: soreness, redness or heat where the injection was done, fever, new numbness or weakness in you legs.