



PATIENT TEACHING HANDOUT

Greater Trochanteric Bursa Injection

What is a greater trochanteric bursa injection?

It is the placement of corticosteroid and local anesthetic medications through a needle into the large bursa ("fluid filled sac") located on the side of your hip region.

What are the goals of a greater trochanteric bursa injection?

- to reduce and possibly eliminate pain
- to increase function

How can this injection help my condition?

Corticosteroids (such as methylprednisolone) are typically used. They are anti-inflammatory agents that slow down the accumulation of cells responsible for producing inflammation and pain within the bursa.

How do I prepare for a greater trochanteric bursa injection?

- If you are taking any anticoagulant ("blood thinner") medication, tell your doctor before scheduling the procedure. If it is decided by the doctor that you may continue these medications, lab tests will be required before the injection.
- You are not permitted to drive after your procedure. You must have someone to drive you home.
- You may continue Aspirin-containing products and nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin or Advil), or naproxen (Aleve).
- You may eat and drink before your procedure.

What happens during a greater trochanteric bursa injection?

- You will be placed in a side-lying position ("bad"-side up) on the procedure table.
- The area for the injection will be washed with an antiseptic solution and covered with sterile drapes.
- You will remain awake for the procedure.
- An X-ray machine (fluoroscopy) or ultrasound machine may be used to guide placement of the needle and injection.
- Once in the appropriate location, medication will be delivered through the needle into bursa by your doctor.

How long is the procedure?

The entire procedure takes about 5-10 minutes to perform.

What happens after the procedure?

- The steroid medication takes 48 – 72 hours after your procedure to begin working.
- You may continue taking regularly scheduled medications.
- The day after your procedure, you may resume normal daily activities.
- Mild pain and soreness is common for 2-3 days after the procedure. Use ice to alleviate the soreness.
- An uncommon complication is a post-injection flare, which is localized swelling and pain several hours after the corticosteroid injection. This occurs in approximately 1 out of 50 patients and usually subsides within several days.
- You will be instructed to call Pittsburgh Pain Physicians 1 week later with an update on your pain relief.

Please call Pittsburgh Pain Physicians if you notice any of the following: increased pain, swelling, redness, fever, or worsening weakness in your arms or legs. If you are diabetic, your blood sugar may increase slightly after the procedure for a short period. Diabetic patients should monitor their blood sugar closely for 5 days following the procedure.

If you have any questions or concerns about this procedure please call Pittsburgh Pain Physicians at **412-533-2202**.

