

WHAT IS A HIP ASPIRATION/INJECTION?

A hip aspiration is a procedure whereby a sterile needle and syringe are used to drain fluid from the hip. Hip aspiration is typically performed as an office procedure or at the bedside of hospitalized patients. Hip aspiration is medically referred to as arthrocentesis.

WHAT IS THE PURPOSE OF HIP ASPIRATION/INJECTION?

Hip aspiration is used to obtain joint fluid for examination in the laboratory. Analysis of joint fluid can help to define causes of hip swelling or arthritis, such as infection, gout, and rheumatoid disease. Hip fluid can be tested for white cell count, crystals, protein, glucose, as well as cultured to detect infection. Each of these laboratory parameters can be helpful in defining the cause of a particular form of arthritis.

Hip aspiration can also be helpful in relieving joint swelling and pain. Removal of hip fluid that is inflamed can also remove the white blood cells within that are sources of enzymes that can be destructive to the joint. Occasionally, cortisone medications are injected into the hip during the hip aspiration to rapidly relieve joint inflammation and further reduce symptoms.

PREP FOR THE PROCEDURE

- Stop antibiotics 7 days before the procedure.
- This requires the approval of the antibiotic prescribing doctor-if you are not able to stop antibiotics, the aspiration/injection will be rescheduled.
- Stop any blood thinners 5 days before the procedure (Coumadin, Plavix, Xeralto, Aspirin, etc.).
- Discuss this with your physician(s) - if stopping blood thinner medication is not medically safe, the procedure may be canceled.
- Have a ride on the day of the procedure.
- You may resume driving 6-8 hours after the procedure as long as you have full function of your leg.
- You may resume normal activities 24-48 hours after the procedure.

HOW IS HIP ASPIRATION/INJECTION PERFORMED?

The skin over the hip is sterilized using a liquid, typically iodine solution (Betadine). A local anesthetic is used in the area of the hip; either by injection, topical liquid freezing, or both. A needle with a syringe attached is inserted within the hip and fluid is sucked back (aspirated) into the syringe. For certain conditions, the doctor will also inject

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medication into the hip after fluid removal. The needle is then removed, and a Band-Aid or dressing is applied over the entry point.

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