



PRAIRIE

ORTHOPAEDICS &
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Information on your Diagnostic Injection

A diagnostic injection will help your surgeon determine if your symptoms are coming from an intra-articular source (i.e. within the hip joint itself). If this is the case, then you may be a candidate for hip arthroscopy surgery. However if the cause of your symptoms is an extra-articular source (i.e. from the hip area but outside the hip joint itself) then it is unlikely that surgery would help your symptoms.

The diagnostic injection is performed by a radiologist under x-ray guidance at the hospital. The radiology department will contact you to set up an appointment for your diagnostic injection. There is no cost for this injection. Once you have a time & date scheduled, please contact our office to schedule a follow-up appointment for approximately 1 week after the injection to go over the results. **To avoid a prolonged wait to get in to see your surgeon to discuss the results, please phone to make this appointment ahead of your injection date (ideally at the time you are contacted and scheduled for your injection).**

The diagnostic injection consists of a long-acting local anesthetic – i.e. “freezing” (usually 0.5% ropivacaine). Its effects usually last for a few hours. The injection is quite safe, but there are a few small risks, including but not limited to: infection, injury to nerves/arteries/veins, allergic reaction, and pain. The radiologist will discuss these with you at the time of your injection. Please notify the radiologist if you have any allergies before your injection. If you develop symptoms or signs of an infection (swelling/redness/warmth of the injection site, fevers, chills, generally feeling unwell) please notify our office or present to the nearest hospital for assessment urgently. Note that an infection will generally present a few days after the injection; pain and a bit of swelling within the first 48 hours is generally related to the injection itself, and not due to an infection. Note that a vasovagal or fainting episode from the injection is quite rare, however you should ensure you eat breakfast/lunch prior to the injection to minimize this risk.

Prior to your injection you should try to irritate your hip so that your hip is aching when you go in for your injection (if you are not having any pain in your hip at the time of your injection then

it will be difficult to determine if the injection helped). Then, within the first couple of hours (while your hip is still frozen), try to do activities that would normally irritate your hip (ex. go for a run, do squats, twist hip, etc.). They may tell you at the hospital to take it easy after the injection, but your surgeon wants you to try to irritate your hip to see if the injection has helped your symptoms. Note: it is normal that your hip will ache for a day or so after the injection, once the freezing has worn off. You may take acetaminophen and/or ibuprofen if needed.

***** Please keep a “pain diary” of your symptoms (fill in back side) *****

Pain Diary

Please keep track of your symptoms before and after your diagnostic injection below.
Please bring this form with you to your follow-up appointment with your surgeon.

Pre-injection

Pain: ___/10

Location of pain: _____

Immediately after injection (within 20-30 minutes)

Pain: ___/10

Location of pain: _____

First 2-3 hours – try to irritate hip

Pain: ___/10

Location of pain: _____

Irritating activities attempted: _____

Next day

Pain: ___/10

Location of pain: _____