

INFORMATION ABOUT YOUR PROCEDURE

BURSA INJECTION

How we do the procedure

The bursa is a sack filled with fluid that surrounds a joint. Bursitis is inflammation of the bursa that causes severe pain at the joint. The area over the bursa will be cleansed with alcohol and numbed with a local anesthetic injection. A small needle will be used to inject the bursa with a local anesthetic (Bupivacaine) and a steroid (NOT the kind that increases muscle size in athletes).

What to expect

You may feel some pain or pressure when the medication is injected because the bursa is swollen and inflamed (bursitis). You may be numb in this area due to the local anesthetic. This will wear off after a few hours. The steroid will begin to work in 1-5 days. Depending on your response, we may repeat the injection if your pain returns. If no substantial effects are obtained after one or two injections, we will discuss other alternatives.

Risks

The risks include bleeding, infection and a reaction to any of the medications used for the procedure. We use sterile technique to avoid infections. If you are taking a "blood thinner" (anticoagulant), we will give you special instructions before the procedure to avoid excess bleeding.

Safety Precautions

Please be careful when walking if you have any weakness in your leg. Injected steroids occasionally cause nervousness, difficulty sleeping, a flushed feeling (like hot flashes), an increased appetite, an elevated blood sugar, or a "moon face" (rounded face) for several days.