



NATHANIEL J. STEWART, MD
Hip & Knee Expert

1200 OAKLEAF WAY STE A
ALTOONA WI 54720
TEL 715.832.1400

757 LAKELAND DR. STE B
CHIPPEWA FALLS WI 54729
TEL 715.723.8514

www.cvosm.com

Name: _____

Date: _____

HIP JOINT INJECTION DIARY

A hip joint injection involves injecting medicine directly into the joint. These injections can diagnose the source of pain, as well as ease the pain.

Diagnostic: By placed numbing medicine into the joint, the amount of immediate pain relief you experience will help Dr. Stewart to confirm the hip joint as the primary source of your pain. If you are completely relieved of your pain while the hip joint is numb, it means this joint is likely the source of your pain.

Pain relief: Along with the numbing medicine, time-release Cortisone may also be injected into the joint to reduce inflammation, which in some patients can provide long-term pain relief.

After the procedure your hip will be numb for several hours. Please take the time to do some of the activities that caused you pain in the past. This will be very helpful to Dr. Stewart to review at your follow-up appointment. Record how painful these activities are at certain increments of time, using the same pain score of 0-10, with 0 being low and 10 for severe pain.

	15 mi	1 hour	6 hours	3 days	5 days
Activity					

If you are in pain when the numbing medicine wears off you can:

5. Ice the area
6. Take Ibuprofen or Tylenol

If at any time you have questions, please call our office:

Altoona location: 1-800-322-1747 or 715-832-1400

Chippewa Falls location: 1-800-322-1748 or 715-723-1748

PLEASE remember to bring this diary to your next appointment with Dr. Stewart.

X: postop forms\stewart\hip injection diary