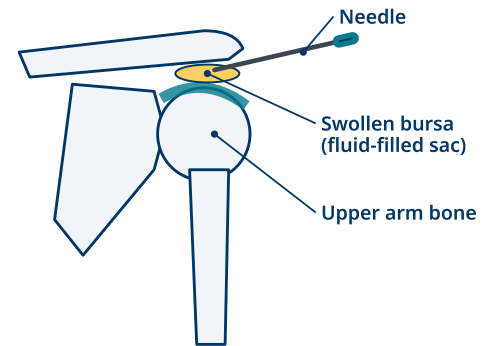


Bursa Injections

What it is

A bursa is a small fluid-filled sac that cushions a joint. When it gets swollen, it is called bursitis. A bursa injection puts medicine into the sac to calm swelling and pain.



Why it is done

- Hip (trochanteric), shoulder (subacromial), knee or elbow bursitis
- Pain that has not improved with rest, ice and therapy

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: The doctor examines the area and may use ultrasound.

During: This is a short office visit. The skin is cleaned and a small needle puts medicine into the bursa.

After: Go easy on the area for a day or two. Mild soreness can happen.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/bursa-injections/



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This handout is general information and is not a substitute for medical advice.