

# Bursal Injection

## Patient Information

### What is a Bursal Injection?

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A bursa is a soft tissue space between two structures that functions as a gliding surface to reduce friction between tissues of the body. This bursa can sometimes become inflamed resulting in a condition known as bursitis. Bursitis is a common cause of soft tissue pain, and movement may be limited and/or painful in the affected area.

If your Doctor suspects bursitis as a cause for your symptoms, they might refer you for ultrasound guided injection of local anaesthetic and cortisone into the bursa to reduce inflammation and provide pain relief.

### What happens during a Bursal Injection?

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Technique varies depending on the bursa to be injected, but you can expect the following:

You will be asked to sit or lie on a bed, and both your skin and the ultrasound probe will be cleaned with an antiseptic solution to maintain a sterile technique.

A preliminary scan will then be performed to locate the exact point to be injected.

With the guidance of ultrasound, a fine needle is passed into the bursa and a combination of long-acting local anaesthetic and cortisone will be used.

Procedure times vary, but generally take between 15 and 30 minutes.

Following the injection, a simple sterile dressing is placed over the site and you will be able to leave the practice within a very short time. However, you must have someone to drive you home.

### What are the risks of a Bursal Injection?

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This is a very safe procedure with very few risks. The radiologist will discuss the risks with you prior to the procedure taking place.

You may experience pain and bruising at the injection site. This soreness may last for 2-3 days after the injection, but should be relieved with ice and Paracetamol. If the pain becomes much worse in the days following the injection you should contact your referring doctor.

Although a sterile technique is used the procedure does carry a small risk of infection of between 1 in 20,000 and 1 in 75,000. The procedure will not be performed if there is broken skin or infection overlying the bursa.

Rarely, people are allergic to the injected medication. This is very uncommon but you should advise the radiologist of any allergies you may have prior to the injection.

There is a very small risk of damage to the soft tissues at the injection site. This is called tissue atrophy.

### Are there any post-procedure instructions?

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You must have a driver with you on the day. You will need to rest the area as much as possible for the first day or two, followed by only light activities for the next week. The radiologist will discuss this with you at the time of the procedure, and a medical certificate can be organised if required.