

Injection into Bursa

Patient Information

Trauma & Orthopaedics



The Patient Information Leaflets page on the Trust website is available on the link:
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Our Values**People at
the Heart****Listen and
Involve****Kind and
Respectful****One
Team**

What is a bursa?

A bursa is a thin fluid filled sac found near joints and between muscles and soft tissues; its purpose is to minimise friction between the tissues. Large bursa can be found in the shoulder, hip and knee. Sometimes the bursa can become inflamed and swells causing pain, particularly on movement. The cause can be due to arthritis, infection or overuse of a particular joint and is known as Bursitis.

The treatment options

Your doctor or health care professional may initially advise you to rest the affected area and prescribe pain relieving medication. Physiotherapy may also be arranged. If these methods of treatment do not improve the pain, then a steroid injection into the affected area may be suggested. The injection may take place in the operating theatre, outpatient or x-ray departments, this will be at the discretion of the Consultant's team

Benefits of the injection

- Pain relief
- Improvement in movement of the affected joint / limb

Complications

As with all surgical procedures complications may occur, some are minor, and in rare cases some are serious and can be life threatening.

The risks involved with this procedure include:

- Failure of the procedure to have any beneficial effect
- Increase in pain which can be temporary or permanent
- Numbness of the injection site
- Bleeding or bruising at the injection site
- Allergic reaction

An explanation of the procedure and any risks involved will be discussed with you beforehand. If you are unsure or worried about any part of the treatment, please ask a member of the healthcare team.

After the injection

The effect of the injection and how long it lasts may depend on the cause of the bursitis. You should be advised to rest the treated area for up to 48 hours. An appointment to return to the outpatient clinic or a telephone review will be arranged to evaluate your progress.

Contact telephone numbers Wrightington Hospital Monday to Friday

Ward 1 01257 256272 7am until 7pm

D Ward 01257 256269 7am until 7pm

Orthopaedic Admissions Unit (OAU) 01257 256219 9am until 5pm

Out-patient Department 01257 256299 9am until 5pm

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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