

TRIGGER POINT INJECTIONS

Frequently Asked Questions

What are Trigger Points? *Trigger points are tiny knots that develop in a muscle when it is injured or overworked. Whatever their cause, trigger points are associated with pain and tenderness and can be identified as tender areas of muscular tissue. Pain from trigger points may be mild or severe. Although most resolve without treatment or with conservative measures such as heat, massage, or myofascial release therapy, some trigger points are persistently painful and disabling.*

What is the purpose of a Trigger Point injection? *The injection is given to treat muscle pain in a localized area of the body.*

How long does the injection take? *The actual injection takes only a few minutes; however you will need to stay 15-20min after the injection for observation.*

What is actually injected? *The injection usually consists of a local anesthetic and steroids.*

Will the injection hurt? *The procedure involves inserting a needle through skin and deeper tissues. There is some discomfort involved. However, the physician numbs the skin and deeper tissues with a local anesthetic using a very thin needle.*

How is the injection performed? *The skin is cleaned with antiseptic solution and needles of variable length are placed through the skin and into the muscle. Five to ten triggerpoints may be injected in one session.*

What should I expect after the injection? *Initially, the pain may be increased until the medication becomes fully effective, this may take up to two weeks.*

What should I do after the procedure? *You may feel soreness at the injection site. To help minimize your discomfort, please use your pain medications as prescribed. The use of ice for the first 24 hours (in 20-30min intervals) and moist heat after that may also help manage your discomfort. We advise the patients to take it easy for a day or so after the procedure. Perform activities as tolerated.*

Can I go to work the next day? *You can to return to work the next day or the day after, as tolerated.*

How long will the effect of the medication last? *The local anesthetic wears off in a few hours. However, the blockade of sympathetic nerves may last for many more hours, days or even longer.*

How many injections do I need to have? *If you respond well to the first injection, you may be recommended for another procedure using Botox, which provides longer relief.*

What are the risks and side effects? *As with any procedure there are risks, side effects, and possibility of complications. The most common side effect is pain-which is temporary. For other risks please speak with a nurse in the office.*

Note: This procedure cannot be performed if you have an active infection, flu, cold, fever, or very high blood pressure. Please make us aware of these conditions.