



# EVOLVE

RESTORATIVE CENTER

## Trigger Point Injections

### General Information

Your health care provider has determined that a trigger point injection would be helpful in treating your chronic pain condition. A trigger point is a focal area of spasm and inflammation in the muscle, which can often be felt as a knot. When the trigger point is pushed, it will frequently cause pain and irritation. Trigger points can develop in any skeletal muscle in the body. Placing medication directly into the trigger point can help treat your pain, depending on the area of the body injected. These injections are commonly performed to treat a variety of pain syndromes, including:

- Headaches
- Neck pain
- Shoulder Pain
- Upper Back Pain
- Mid Back Pain
- Low Back Pain

### Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix).

The procedure is typically performed in the office, and your provider may choose to use an ultrasound machine to help perform the procedure. Depending on the area injected, you may be asked to sit, stand, or lie down on the examination table. The area where you are experiencing pain is typically exposed and cleaned with alcohol. After your provider has identified your trigger point(s), a tiny needle will be placed into the trigger point(s) and medications (which may include local anesthetics, steroids, and/or anti-inflammatories) may be injected to help relieve the spasm and inflammation of the muscles and soft tissues. Some patients will only require one injection to relieve their pain, while others may require repeated injections spaced in specific intervals.

## **Post-Procedure Instructions**

Typical things to expect may include:

- Numbness or tingling or transient weakness in the area of pain
- Some soreness around the injection site
  - Ice may be applied
- Resume all medications as instructed by your provider
- No activity restrictions are necessary except you should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three days after the procedure. Showers are OK.
- Keep post-operative appointment

## **Things to Look-out for**

Please contact our office (844) 527-7369 if you experience:

- Weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills
- Any questions