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Your Guide to Trigger Point Injections

What is a Trigger Point Injection?

A Trigger Point Injection is a procedure in which a small needle is inserted into the muscle that is affected by pain and tenderness. Next, a small amount of local anesthetic is injected (& sometimes a steroid) to help the muscle fibers to relax.

How can a Trigger Point Injection help me?

A Trigger Point Injection can be an effective nonsurgical treatment to relax your muscle and ease your pain. This type of injection most often helps manage pain caused from myofascial pain.

Will I have immediate relief after my Trigger Point Injection?

Trigger Point Injections typically do not have an immediate effect. Full effect of a trigger point injection usually occurs within 2-4 days after the injection.

How do I prepare for my Trigger Point Injection?

Ensure your doctor knows if:

You are taking Coumadin or any other blood thinners: *Plavix, Aspirin, Eliquis, Excedrin, fish oil, etc.*

You are taking steroids and or antibiotics.

You have liver or kidney disease: *chronic kidney disease, cirrhosis, etc.*

You have the following implantable devices: *medication pump, pacemaker, defibrillator, or stimulator.*

You have any allergies: *steroids, anesthetic, iodine, adhesive, contrast, shellfish.*

You have any questions regarding your medication.

You have had or are planning to have a vaccine within 2 weeks of your procedure.

****Please call to cancel your appointment if you have a fever, the flu, covid, or any other infection****

What can I do the day of my Trigger Point Injection?

- You may eat and drink normally; there is no need to fast.
- Take your normal medication on the day of your test, unless otherwise instructed.
- You will need to shower with antibacterial soap the day before and the day of your procedure.
- Do NOT apply lotions, creams, ointments, or gels the day of your procedure.
- You may be asked to mark the areas of pain prior to your procedure.
- Wear loose fitting clothing including elastic waist band pants/shorts.
- Do not plan any strenuous activity the day of your procedure.
- **Bring someone with you who can remain on campus to drive you home.**
(*The length of the procedure itself is approximately 20 minutes.*)

What can I expect during the procedure?

You will need to be able to get yourself up onto the procedure table and position yourself on your stomach.

You will remain on your stomach for the entire length of the procedure.

The area of your injection will be cleansed with an antiseptic solution.

The provider will apply pressure with their fingers to locate the area where you have pain.

Once the specific area of pain is identified, a needle will be placed, and a small amount of medication will be injected.

After the medication is injected, the needle is removed, the area will be cleaned off, a band aid will be applied, and the procedure is complete.

What happens after my Trigger Point Injection?

- You will spend about 10 minutes in the recovery room reviewing post-procedure instructions with the nurse prior to discharging. You may require a longer stay in recovery if additional monitoring is necessary.
- You will receive a pain diary worksheet after your procedure. **This will need to be filled out by you and you will need to call Neuroscience Group two weeks after your procedure to update us on the pain numbers you logged. Please do not lose or misplace your pain diary worksheet.**
- You may experience warmth, numbness, tingling, heaviness, or weakness to the area for up to 8 hours after your procedure.
- You will NOT be able to drive or operate heavy machinery for 8 hours after your procedure.
- If you are diabetic, you will notice a temporary increase in your blood sugars for up to a week.
- You can shower after your procedure. However, NO SOAKING in tub, hot tub, pool, etc. for 24 hours.
- You will need to refrain from strenuous activity for the remainder of the day.
- You may return to work the following day.

**Questions about your Trigger Point injection procedure?
Call Heather, our Physiatry Nurse Navigator, 920-725-9373**