TRIGGER POINT INJECTIONS

What is a trigger point injection?
A trigger point injection is the injection of a small amount of local anesthetic and steroid or traumeel into the muscle where the trigger point is located.

Why is a trigger point injection performed?
A trigger point injection may be performed if you are experiencing muscular pain where a tense, painful band has developed with the muscle. This can help to improve pain, reduce spasms, and improve mobility.

Why would a trigger point injection NOT be performed?
A trigger point injection will NOT be performed if you have an active infection at the site of injection, bleeding problems, allergy to the local anesthetic, steroid, traumeel, and/or pregnancy.

What are the preparations for the procedure?
No special preparations are required for the trigger point injection.

What happens during the procedure?
First, an informed consent paper, (giving permission for the procedure), must be signed by the patient. Then, the area of pain will be examined and marked to locate the trigger point. This area will be cleaned with an antiseptic, which is usually betadine, unless you are allergic to this. Then a small needle will be inserted into the marked area, and a small amount of local anesthetic and steroid or traumeel will be injected. After this procedure is complete, it is important to stretch the muscle thoroughly to gain maximum benefit from the trigger point injection.

How long does the procedure take?
Usually, the trigger point injection is between 2-5 minutes depending on how many trigger points are identified to be injected.

What are possible complications from the procedure?
This procedure does come with risks. Complications that can occur include but are not limited to bruising, hematoma, infection, and reaction to the steroid and traumeel medications.

What are possible side effects of steroid medication?
Administration of steroid medication can cause side effects. Side effects can include but not limited to hyperglycemia, altered menstrual cycle, fluid retention, bruising, insomnia, sweats, hot/cold flashes, flushing of the face, weight gain, epidural lipomatosis, steroid myopathy, avascular necrosis of bone, osteoporosis, and Cushing’s syndrome.
What happens after the procedure?

After the procedure is completed, a band-aid may be applied. You will be given discharge instructions and any follow-up information that is needed. Remember, you may experience numbness in the area injected until the local anesthetic has worn off completely.

Special Notes

If you suspect you might be pregnant or know you are pregnant, please notify the physician or any staff member prior to any injection. If you are a diabetic patient taking insulin or pills to manage your diabetes, the steroid used in the joint injection can raise your blood sugar level temporarily. You should monitor your blood sugar level closely after your injection. If your blood sugar level continues to be elevated then contact your primary care physician for suggestions on how to best manage this issue.

After the injection, you should resume your regular medications as you are prescribed if those medications were stopped before the injection.

*If you do not understand any part of the above material, please discuss it with your physician or physician assistant*

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06/10