



Trigger Point Injection

WHY HAVE THIS PROCEDURE?

This procedure may be offered as part of a package of care to allow your pain specialist to diagnose the cause of your pain and to help understand your pain. It may also be performed to give you some temporary relief from your pain.

Trigger points are knots of muscle that can form under the skin, when muscles do not relax and remain tense or contracted.

Trigger points may irritate nerves surrounding their location under the skin and may cause referred pain – or pain felt in another part of the body.

Trigger point injections can be used to target many muscles groups, but mainly focus on the lower and upper back, neck, arms and legs.

This procedure may be performed in the consultation rooms of your pain specialist, and does not require sedation or an anaesthetic.

Trigger point injections can be helpful in diagnosing the cause of your pain and can also help reduce the pain itself.

THE PROCEDURE

- This procedure will be carried out in the consultation rooms or an operating theatre by one of our pain specialists.
- Depending on the location of the trigger point, you may be positioned lying down or seated in a chair.
- The procedure takes only a few minutes
- Your pain specialist will ensure your skin and surrounding areas are cleaned using an alcohol- based skin preparation
- The injection will include local anaesthetic mixed with an anti-inflammatory steroid at the site of the trigger point.
- Please tell your pain specialist if you experience pain during the procedure.

Please advise your pain specialist if you take an anticoagulant or 'blood-thinner', as this may need to be ceased prior to having this injection.

COMMON SIDE EFFECTS

- Light-headedness
- Slight bleeding or bruising at the injection site
- A flare up of your pain, for a short time, may occur.

AFTER THE PROCEDURE

You will be requested to remain for 15 minutes following the injections, in the waiting room to observe for side effects from the procedure.

Following this time you can undertake regular daily activities, with no rigorous activities until the following day.

We would expect that you should feel comfortable to drive following this procedure, but you are welcome to have someone collect you and accompany you home.

STEROID SIDE EFFECTS

Side effects of steroids can include: hot flushes, nausea, fluid retention, raised blood sugar levels and even menstrual irregularities. If you have diabetes, you should monitor your blood sugar carefully for about one week after your injection.

RARE SIDE EFFECTS

These injections are very safe but it is important that you are aware of any side effects, even if they are rare and do not occur very commonly.

- Allergy, including severe allergic reaction.
- Numbness.
- Infection.
- Injection into a blood vessel causing a toxic reaction – very rare.
- Pneumothorax (collapsed lung)

Do not cease your regular pain medications prior to this injection.