

Trigger Point Injection

Information and advice for patients

Pain management

At the Pain Management Clinic, it was suggested that a trigger point injection would help to ease your pain. It is important that you understand the treatment you will be receiving, and this leaflet will briefly explain the treatment.

What is a Trigger Point Injection?

It is a small injection of local anaesthetic and/or a small dose of anti-inflammatory drug (Steroid) into the specific area that you find painful or that 'triggers' your pain. This tends to be an area of muscle which has failed to relax. A trigger point can also trap or irritate surrounding nerves and cause pain to be felt in another part of the body.

What are the benefits to the treatment?

The aim of the procedure is to reduce spasm and 'unknot' the muscle.

Your pain should be reduced, and you should be able to move around more easily, making it easier to perform your daily activities. You may also be able to reduce the number of painkillers that you take.

How long the effect of the procedure lasts, and the amount of relief gained, varies, from person to person, and can be anything from a few days to several months.

Are there any alternative treatments?

Alternative treatments may include painkillers, physiotherapy, TENS or attending our Pain Management Programme.

Are there any risks or side-effects?

- Your pain may get worse for a few days before it gets better.
- You may experience some bruising around the injection site. This is temporary and should only last a few days.
- There is a small risk of infection around the site of the injection. If you notice that the area is red, swollen or hot to touch you should contact your GP.
- Risk of an allergic reaction to the injection, but this is uncommon.

What to expect

Before the injection

If you decide to have this injection, you will be admitted to the hospital, on the day care ward. You may eat and drink as normal, and take your usual medications, including analgesics (it would be helpful if you could bring a list of your medications with you). You should have someone with you to take you home after the injection.

The doctor will explain the procedure and ask you to sign a consent form. Please make sure you have understood the explanation and ask any relevant questions. You may be given a gown to wear.

During the injection

The doctor will then inject the affected area(s). This usually, only takes a few minutes. You may feel some discomfort whilst the area is being injected but this should only last briefly. The area injected may feel numb for up to six hours, following the injection.

After the injection

You will be asked to wait in the clinic for a short while, approximately 15 minutes. Once you feel ready, and the staff are satisfied with your condition, you may go home. You must be accompanied by a friend or relative. You should not drive a vehicle yourself or travel on public transport for the rest of the day.

Once at home you should take it easy for the rest of the day, but start normal activities again the next day, building the level of activity gradually as you feel able. The steroid injection may take a few days to start acting relieving the pain. Initially the pain may even feel worse, but this should settle. It is important that you continue taking your usual pain killers until the injection starts to work.

Follow up

After the procedure we will discharge you back to the care of your GP. They will review your progress and request re-referral back to the Pain Clinic if they deem this to be necessary.

If you have any questions or concerns, please contact Pain Management Services on:

Tel: 0121 507 4866

Monday to Friday 9am-4m

If you have any problems outside of these times, or experiencing severe side effects, please contact your GP.

More information with regards to your condition, treatment options and support groups, can be found at:

www.painrelieffoundation.org.uk

www.thebritishpainsociety.org

www.painconcern.org.uk

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