

Risks and Complications:

- Bleeding
- Infection
- Damage to the tissue
- Damage to the nerves underneath
- Risk of puncturing a lung, or the membrane that surrounds the lung, when the injection is done near the ribcage

Call your doctor or NP if you have redness or swelling around the injection site, or any other concerns.

You should not have this procedure if:

- You are allergic to any of the medicines that will be used
- You have an infection
- You have an injury in the area to be injected

How often may I have a Trigger Point Injection?

TPI may be done 3-4 times per year.

Talk to your doctor or nurse practitioner (NP) about this.

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Trigger Point Injection



Pain Management Clinic

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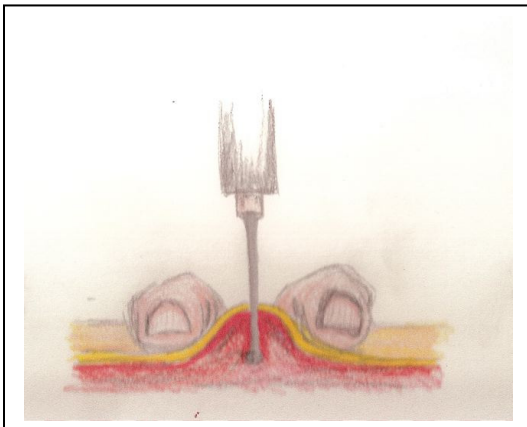
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What is a trigger point?

- It is a knot or tight band of muscle
- It is felt under the skin and may twitch when touched
- It can irritate nerves and cause pain
- Scar tissue, loss of movement, and weakness may develop over time

What is a Trigger Point Injection (TPI)?

- Medicine is injected into the muscle
- The medicine helps the muscle contract and relax without pain
- It is used to treat chronic muscle pain



Other therapies are used before a trigger point injection is given.

Muscles in the arms, legs, lower back and neck may be treated by:

- Physiotherapy
- Stretching
- Exercise

What can I expect during a Trigger Point Injection?

- Your doctor or nurse practitioner (NP) will ask you where it hurts the most
- The needle will be inserted into that point
- Local freezing (with or without a steroid) will be injected
- The medication will help the trigger point to relax
- The tissue will become less inflamed
- Your pain will be less

What can I expect after the injection?

- Numbness from the freezing may last for 1 hour
- You may have a twitch or pain that lasts 30 seconds to 4 minutes
- You may get a bruise at the injection site
- Some people have increased pain at the injection site for 1-2 days
- Your blood sugar levels will increase for 1-3 days
- You may have 2-4 days of discomfort
- Ask your doctor, NP, or physiotherapist about using heat and ice to help the pain
- You will be given stretching exercises
- Occasionally there is no relief at all