

Pain Management Service

Trigger Point Injection

What is a trigger point?

A trigger point is a sensitive or irritable spot, usually in a muscle, that can be a source of chronic pain.

What is a trigger point injection?

Trigger point injections are given in and around the painful area in the muscle. The injection will contain a local anaesthetic with or without an anti-inflammatory cortisone injection. Ideally physiotherapy and/or stretching exercises should be done alongside the injection therapy, to prevent the muscle spasms returning.

Before the procedure

- You will have the treatment as an outpatient;
- You will be given a 30 minute appointment. The injection may take five to ten minutes. You may need to rest for 20 to 30 minutes after the injection;
- Please bring a list of your current medications with you;
- Please inform the doctor of any known allergies;
- You should take your medication as normal. If you are taking Warfarin you may be given special instructions;
- You may eat and drink as normal;
- Your doctor will discuss the procedure with you and may ask you to sign a consent form;
- If there is any possibility that you may be pregnant please inform the doctor



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or nurse.

The procedure

- The procedure is carried out in one of the clinic treatment rooms;
- Depending on the site of the injection you may either wear your own clothes or a hospital gown;
- You will be asked to sit or lie on a hospital couch;
- The doctor will clean your skin with an antiseptic solution which may feel cold;
- A local anaesthetic will be injected with a fine needle at the site of the trigger point/s. This may sting initially before the skin goes numb. If a small dressing has been placed over the needle insertion site, this can be removed in the evening.

After the procedure

- After the procedure you may need to rest for 20-30 minutes;
- Please be careful when you first get off the couch – ensure you are steady on your feet;
- Take your regular medication and pain killers as normal;
- A letter will be sent to your GP Please ensure that you have arranged for someone to drive you home after this procedure.

Further Information

If you have any other questions or would like more information, please contact the Pain Management team on 024 7696 5884.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the Pain Management secretaries on 024 7696 5880 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Patient Information

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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