

## Pain Management Service

# Trigger point injection

A trigger point is a sensitive or irritable point that causes you pain. Trigger points are usually found in a muscle.

Trigger point injections are given in and around the painful area to treat chronic musculoskeletal pain.

The injection contains a local anaesthetic with or without an anti-inflammatory cortisone injection. The local anaesthetic blocks pain receptors in the muscles. The cortisone reduces inflammation in some pain conditions.

You should also do physiotherapy and/or stretching exercises to prevent muscle pain and spasms from returning.

### Before the procedure

- Please bring a list of your current medications with you
- Take your medication as normal.
- You may eat and drink as normal.

### During the procedure

You will have the treatment as an outpatient.

We will give you a 30-minute appointment. The injection takes 5 to 10 minutes. You may need to rest for 20 to 30 minutes after the injection.



## Patient Information

Your doctor will discuss the procedure with you and may ask you to sign a consent form.

Please inform the doctor or nurse:

- if there is any possibility you are pregnant
- if you have any allergies

The procedure is carried out in a clinic treatment room. You may need to wear a hospital gown.

1. We'll ask you sit or lie on a hospital couch.
2. The doctor cleans your skin with an antiseptic solution. This may feel cold.
3. The doctor injects a local anaesthetic using a fine needle into the trigger point. This may sting at first, but then the injected area goes numb.

## After the procedure

- Please arrange for someone to drive you home after this procedure.
- You may need to rest for 20 to 30 minutes after the procedure.
- Please be careful when you first get off the hospital couch – make sure you are steady on your feet.
- Take your regular medicines and painkillers as usual.
- If the doctor placed a small dressing was placed over the injection site, you can remove it in the evening.
- We will send a letter to your GP.

## More 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.

## Patient Information

The Trust operates a smoke-free policy.

### Did we get it right?

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