

## **Pain Management Service**

# **Trigger point injection**

A trigger point is a sensitive or irritable spot that can cause pain. Trigger points are usually found in a muscle.

Trigger point injections are given in or around the painful area to help treat long-term muscle pain.

The injection contains local anaesthetic, with or without a steroid (anti-inflammatory medicine). The local anaesthetic blocks pain signals in the muscle. The steroid helps reduce inflammation in some conditions.

You should also continue with physiotherapy and stretching exercises to help prevent the pain or muscle spasms from returning.

### **Before the procedure**

- Bring a list of your current medicines
- Take your medicine as normal.
- You may eat and drink as normal.

### **During the procedure**

You will have this treatment as an outpatient.

Your appointment will last about 30 minutes. The injection itself takes 5 to 10 minutes. You may need to rest for 20 to 30 minutes afterwards.



## Patient Information

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

Please inform the doctor or nurse:

- If there is any possibility you may be pregnant
- If you have any allergies

The procedure takes place in a clinic treatment room, and you may need to wear a hospital gown.

- You will be asked to sit or lie on a hospital couch.
- The doctor will clean your skin with antiseptic solution which may feel cold.
- A fine needle is used to inject the medicine into the trigger point. This may sting at first, but the area will then become numb.

## After the procedure

- Arrange for someone to drive you home.
- You may need to rest for 20 to 30 minutes.
- Take care when getting up and make sure you are feel steady.
- Continue your regular medicines and painkillers as normal.
- If a small dressing was applied, you can remove it in the evening.
- A letter will be sent 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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