

**Pain Management**

**682-885-7246**

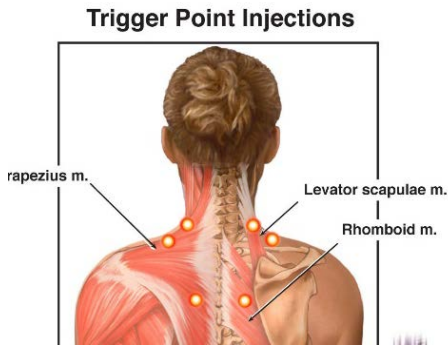
1500 Cooper Street  
Fort Worth, Texas 76104

**Trigger Point Injections**

**Trigger point: Tight, painful “knot” of muscle fiber.** Forms where a muscle is trained or injured.

- Sometimes can be felt under the skin.
- Very tender to touch.
- Pain may spread to other parts of the affected muscle.

Muscles around a knee, shoulder blade, or other bones are more likely to be injured. They are prone to trigger points.



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**How the block helps**

Treats muscle tightness that does not respond to usual treatments such as ice/heat, physical therapy, or muscle relaxants

**We call you several days before the procedure**

**We will tell you:**

- Where and when to arrive.
- When to stop drinking and eating.

**Medicines and Allergies:**

- We will ask for the name and dose of all medicines your child takes.
- We will ask if your child has allergies.

**Note:** You may need to stop taking some of your medicines before the procedure.

# Trigger Point Injections

**How we give the block**

Takes about 15 to 20 minutes

1. We start an IV and give medicine to relax.
2. We clean the skin to help decrease chance of infection.
3. Doctor injects small area with numbing medicine.

Immediately after the injection, you may feel heavy and numb. You may feel less pain or no pain. This effect is usually from the anesthetic injected with the steroid. It will wear off in a few hours and your pain may return.

You should start feeling pain relief in 3 to 7 days when the steroid starts to take effect.

**Please know:**

**You should *not* have this procedure if you:**

1. Have allergies to any x-ray dye, seafood, Lasix or and of the medicines we may inject.
2. Are on a blood thinning medicine such as Coumadin, heparin, or Lovenox.
3. Have an active infection.
4. Have a temperature over 101 degrees.
5. Have a low platelet count.

**Risks**

Generally speaking, this procedure is safe.

However, like any procedure there are risks, side effects, and the possibility of complications.

- Tenderness
- Bruising
- Nerve damage
- Infection
- Bleeding at injection site
- Allergic reaction to anesthetic or medicine
- Need other treatments if this injection is not effective.

These instructions are only general guidelines. Your health care providers may give you special instructions. If you have any questions or concerns, please call your health care providers.



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