



**ELPIS**  
PAIN CENTER

**ELPIS PAIN MANAGEMENT CENTER**

**4122 KEATON CROSSING BLVD.**

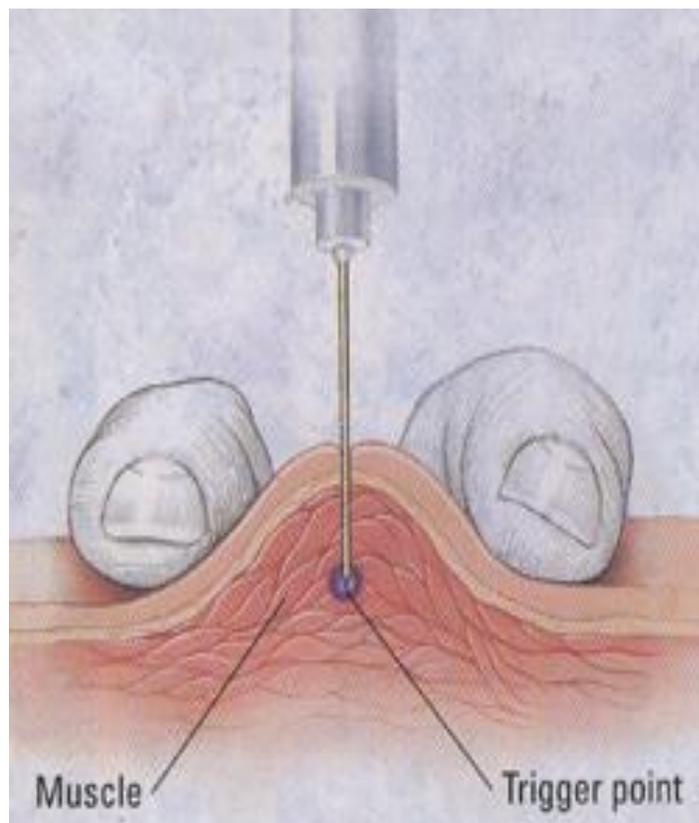
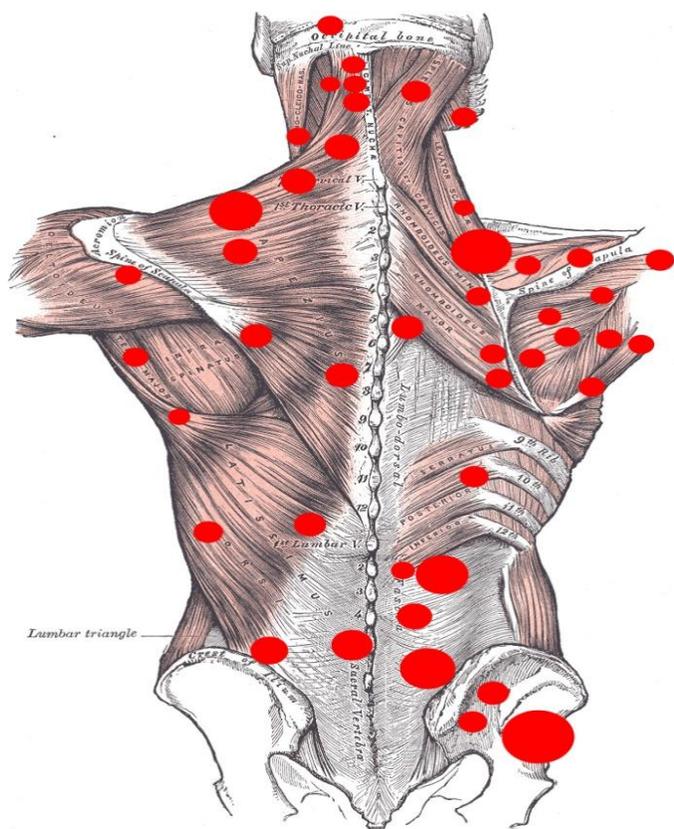
**STE 102**

**O'FALLON, MISSOURI 63368**

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## **TRIGGER POINT INJECTIONS**



### **What is a trigger point injection?**

A trigger point injection is an injection of local anesthetic, with or without steroid, into the trigger point in the muscle. A trigger point is a band of tissue you can feel within a muscle that causes your typical pain when pressed upon. Trigger point injections are ordered by your doctor to try to help “break up” the tight muscle. You must be involved in an active stretching and strengthening program to help prevent the trigger points from coming back. In some people (either due to frequency of injections or if steroid is contraindicated) a natural medicine called sarapain is used. Trigger point injections may need to be repeated, especially if you are unable to perform your exercises because of pain or spasm. Again, exercise is the key to both eliminating and preventing trigger points.

### **Will the injection hurt a lot?**

The most effective trigger point injections are the injections that reproduce your typical pain on injection. Therefore, there is temporary discomfort/pain upon injection, but as it is local anesthetic (numbing medicine) being injected the discomfort/pain is short-lived.

### **What happens during the actual procedure?**

After signing a consent form and checking your blood pressure the procedure will usually be done in the sitting position (position may vary depending on area to be injected). Using a marking pen, the doctor will identify and mark the area(s) to be injected. The skin is then cleansed with an antiseptic soap or alcohol. A small needle is advanced through the skin into the muscle until the tight band is felt and/or until your pain is reproduced. The medication is then injected and the needle is removed. This process will be repeated in each trigger point. Your skin will be cleansed and a bandage will be applied if needed. (The bandage can be removed the next morning). The doctor may massage the area(s) to help the medicine spread throughout the muscle. Your blood pressure will be checked and you will be discharged to leave after your doctor authorizes your discharge. You may or may not need a ride depending on the number of areas to be injected as well as the location of areas to be injected. (This should be discussed with your doctor prior to setting up an appointment for trigger point injections).

### **How will I feel after the injection?**

Your pain may be improved immediately after the injection from the local anesthetic. The steroid, when used, usually takes two or three days to have an effect in most people and peaks in about two weeks. Some local tenderness may be experienced for a couple of days after the injection. Using an ice pack three or four times a day will help this. You may take your usual medication as well after the injection. Having someone massage the area injected to help break up the spasm is helpful. Gentle stretching exercises of the involved area are also recommended.

### **What are the risks of the procedure?**

Some risks, although remote include: bleeding, infection, organ injury, nerve injury and allergic reaction to the medication(s) etc. Diabetics may have short-term elevation of blood sugars. People prone to fluid retention may have increased fluid retention for 1-2 weeks. If the injections are around your chest or upper to mid- back there is also a small risk of pneumothorax (collapsed lung). Some short-term side effects may occur. It is possible to get some numbness/weakness beyond the muscle that's injected if the medication spreads to a nerve. If this happens the numbness/weakness can last for hours. You may have increased pain for a few days after the local anesthetic wears off.

## BEFORE YOUR PROCEDURE

1. **Bring your insurance card(s) with you. Leave your valuables at home.**
2. Arrive at **ELPIS PAIN MANEGEMENT CENTER, 4122 KEATON CROSSING BLVD, SUITE 102, O'FALLON, MISSOURI 63368.**
3. You will need a driver to bring you and wait for the duration of your stay here at the Pain Center. You need a driver due to the anesthetic used in the procedure, not due to sedation.
4. **If you prefer to have Intravenous (IV) sedation for your procedure** you are allowed to have solid foods (this includes milk and soup) as long as you **finish eating 8 hours before your procedure.** This means you can have a full breakfast at 6 am if you have a procedure at 2:00 pm. You can also have clear liquids (including jell-o, soda, water, certain clear juices like apple, cranberry grape and other without pulp – no orange or tomato juice) as long as you finish these 2 hours before your procedure. This means that you can have black coffee, jell-o or a glass of water at 12:30 pm before your 2:30 pm procedure.
5. You should take all your morning medicine (except diabetic medicine, if you are having IV sedation) with a sip of water atleast 3 hours before the procedure. We ask that you bring an up-to-date, current list of your medicines every time you come for a procedure or office visit. This is due to the fact many of our patients have multiple doctors and often have their medicines change.
6. Please notify us if you are **pregnant**, allergic to contrast dye, or iodine.
7. It is necessary for you to stop taking blood thinners for this procedure. (**Ibuprofen, aspirin, coumadin, heparin, lovenox, plavix, aggrenox, etc.**) Before stopping, you should discuss this with your primary doctor to make sure it is alright to do so. **IT IS EXTREMELY IMPORTANT FOR YOU TO NOTIFY US IF YOU ARE OR HAVE BEEN TAKING BLOOD THINNERS!!**

## AFTER YOUR PROCEDURE

1. Pain relief may not be immediate. If pain relief is immediate, it may return within several hours. Sometimes, the pain becomes worse for the next day or two following the procedure. You are expected to recall the duration and effectiveness of the pain relief during and immediately after the procedure.
2. We will keep you in recovery until you are stable. Usually 15 minutes for patient's not receiving IV sedation and 30 minutes for those who do. We will bring your driver or family member back to you in recovery.
3. Your vital signs will be monitored by the nursing staff and we will also make your next appointment for you before you leave.
4. **When you first begin to walk, it is important that you ask the nurse for assistance.**
5. You may not drive; operate heavy machinery or power tools for at least 8 hours after your injection.
6. You may resume your normal medications (except blood thinners-be sure to check with your nurse regarding when and if you may restart these medicines.) You may want to take it easy for the day of your injection; however normal everyday activity is encouraged for the days following.

## **WHAT TO EXPECT**

### **How quickly can I expect pain relief?**

Most patients can expect pain relief within the first 15 to 20 minutes after the injection of local anesthetic. This pain relief may only last several hours; however, if the physician has also used steroid medication, you may also receive some pain relief that will begin roughly 36 hours after the injection. Duration of pain relief is somewhat variable, as it differs from patient to patient.

### **How much relief will I get & how long will it last?**

Relief varies from one person to the next. The steroid may take several days to work and peaks in about 2 weeks. Therefore, it may be several weeks before you feel a change in your pain. After the first day, you can perform activities as before and return to work.

You may notice your pain increase in the next day or two following the procedure. This is normal. If you experience severe neck or back pain, new numbness or weakness of your arms or legs, loss of control of your bladder or bowels, or have signs of infection (temperature greater than 99.9° , drainage, redness/heat at insertion site) – **CALL IMMEDIATELY**. If you experience pain at the injection site, you may apply ice to the affected area for 20 minutes every 2 hours. No heat is to be used on the injection area for the remainder of the day. No tub bath or soaking in water (pools/Jacuzzi, etc) for the remainder of the day. After the first day, you can perform activities as before & return to work. You may receive an appointment to have another injection or an office visit. If you have any questions at this time, don't hesitate to ask.

*Please be aware that if you are a Diabetic the use of steroids will elevate your blood sugar, so close monitoring of your glucose by you and your PCP is recommended. If you are on Insulin, it is recommended to contact your PCP prior to the procedure for any adjustments in your Insulin dosing.*

### **NOTE: YOUR PROCEDURE WILL BE CANCELLED IF:**

**You have an active infection, flu, cold, fever, or very high blood pressure.**

**You do not have a responsible driver to take you home, arrive late for your procedure**

**You are unable to follow the medication / fluid restrictions.**

**Call the office at (636) 329 - 9077 for procedure related questions.**

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