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WISCONSIN SPINE AND PAIN
INTERVENTIONAL PAIN SPECIALISTS

Trigger Point Injections

Trigger point injections are performed to relieve tenderness or pain. A trigger point is a knot or tight band of muscle that can be felt under the skin and forms when a muscle fails to relax. To help reduce pain, a small amount of numbing medication with or without steroid is injected into this area.

PREPARATION

Getting Ready for Your Procedure

To get ready for the injection, you will need to do the following:

• Tell your doctor the medications and herbal supplements you take, be sure to include aspirin and other over the counter medications. Ask whether you should stop taking any of your medications before the procedure. Refer to the medication form available at your clinic.

• Tell your doctor if you are pregnant or if you have any allergies, especially to medications.

The Day of the Procedure

The injection is performed in a patient exam room or an outpatient surgery center.

THE PROCEDURE

In the Procedure Room:

• You will be sitting or lying down.

• The doctor will apply pressure with their finger to locate the area where you have pain.

• The area to be injected will be cleaned with cold soap.

• The doctor will inject a small amount of numbing medication and possibly steroid into the painful area.

POST PROCEDURE

After the Procedure

You can usually go home in 10-15 minutes. When the numbing medication wears off, the area may be more sore than usual, this is normal. In most cases the steroid begins to work in a day or two.

This injection may provide pain relief for weeks to months. In some cases, you may need more injections to get complete pain relief. Your doctor will advise you when to schedule a follow up appointment to discuss the results of your injection.