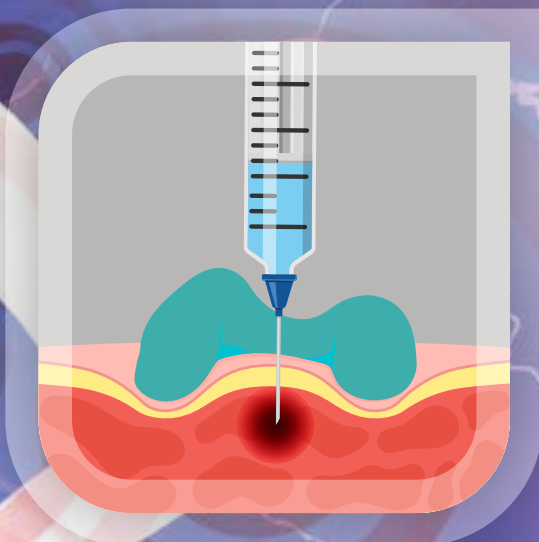




PAIN MANAGEMENT



Trigger Point Injection

Information for patient and families

We would like to thank the team of MUHC librarians, the medical, the nursing team of the clinic and the patient partner for the development, plain language editing, design, layout, and the creation of all images.

Your doctor has recommended a trigger point injection to reduce your pain, improve your quality of life, and support you in being more active.

A decorative graphic consisting of several concentric circles in shades of pink and red, located in the bottom right corner of the page.

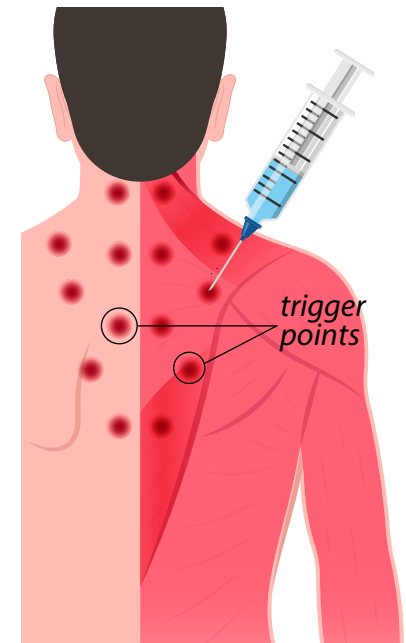
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What is a trigger point injection

A trigger point injection is a procedure used to relieve myofascial pain — a type of pain that affects your muscles and the fascia (the thin tissue surrounding them).

Muscles in your body are similar to a rubber band, which can sometimes get knotted or tight. These knots or areas are called trigger points, and they can be painful and make it hard for you to move or do the activities you enjoy.



A trigger point injection delivers a medication directly into this tight spot to help relax the muscle, making it feel better and less painful.

The injection is quick and typically causes minimal discomfort. This varies person to person. It can make stretching and moving easier.

→ What medication will be injected?

- **Local anesthetic:** This medication will freeze the painful area, providing almost immediate relief. You may experience numbness for a few hours.
- **Cortisone:** This medication will help reduce inflammation (swelling). Pain relief usually begins within 2-14 days after the injection, and may last for days, weeks, or months depending on the person.

What should I do before my injection

- Your doctor will explain the reasons for the treatment, how it works, its potential benefits, and possible risks.
- Please follow the instructions provided by your doctor regarding:
 - Eating and drinking
 - Adjusting your medication



Let your doctor know if:

- *You are pregnant or planning to become pregnant.*
- *You are taking anticoagulant medications (blood thinner).*
- *You have any allergies.*

When should you reschedule your injection

You should reschedule your trigger point injection if you have:

- An infection (cold, sinus infection, bronchitis, or pneumonia, etc.)
- A fever of 39°C (102.2°F) or higher
- Nausea or diarrhea





What to expect on the day of your injection

- You may bring a friend or family member for support.
- Arrive 15 minutes before your scheduled appointment.
- Take all your regular medications, including pain medications, unless indicated otherwise by your doctor.
- You may eat and drink normally.
- Wear comfortable clothing to help you feel more at ease during the procedure.
- The treatment usually lasts 10 to 15 minutes.
- You will be seated in a chair or lying on your back or side on a stretcher.
- The doctor will examine you and locate the painful area.
- The doctor will disinfect your skin at the injection area.
- The doctor will inject the medication using a small needle. It is normal to feel a bit nervous. Try to take deep breaths and stay relaxed.
- After the injection, the doctor will give you some tips to help you recover, and get the best results from the treatment.



What to expect after the injection



Each person responds differently to the treatment depending on the medication injected.

- Focus on the positive outcome the injection — reducing pain and improving quality of life.
- The effects may vary from one person to another. You may experience:
 - Immediate pain relief followed by reduced effectiveness in the following days.
 - Significant pain relief lasting a few days.
 - Little or no effect on your pain (in some cases)



What are the possible side effects of an injection

You may experience one or more of the following side effects after the treatment:

Common side effects

→ Swelling at the injection site	<i>Usually resolves within 48 hours.</i>
→ Pain at the injection site	<i>Apply a cold source (such as cold packs, or a bag of ice) wrapped with a protective cover like a washcloth or a pillowcase. Do this for 5 to 10 minutes at a time every 1-2 hours for the first 24 hours.</i>
→ Numbness at the injection site	<i>This should decrease with time. Do not apply heat or cold to the area until normal sensation returns.</i>

Less common side effects

- | |
|--|
| → Bruising at the injection site |
| → Redness of the face and neck |
| → Elevated blood pressure |
| → In people with diabetes: difficulty controlling glucose levels after a cortisone treatment |

Rare side effects

- Pneumothorax (collapsed lung caused by air leaking into the space between the lung and chest wall).

Symptoms include sharp chest or shoulder pain (worse by breathing deeply or coughing), shortness of breath, and nasal flaring.

- Nerve damage or temporarily paralysis (inability to move the affected area).

When to seek medical help



For medications related questions, please contact your local pharmacist.



To speak with your physician or clinic nurse at Alan Edwards Pain Management Unit (AEPMU):

514-934-1934 ext. 48222

Monday through Friday,
from 8 a.m. to 4 p.m.

 ◦ Quebec Chronic Pain Association douleurquebec.ca/en	 ◦ Canadian Pain Society canadianpainsociety.ca
 ◦ My pain management ◦ My Pain Management gerermadouleur.ca/en	 ◦ Power Over Pain poweroverpain.ca
 ◦ International Association for the Study of Pain iasp-pain.org	



Notes

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Important: Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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