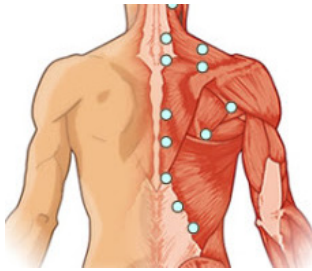


Trigger Point Injection

What are trigger point injections?

Trigger points are focal areas generally situated around the neck/shoulders/lumbar. Often described as a “knot” within the muscle. These trigger areas often cause pain in the neck or shoulder or lower back.



The areas are palpated by the clinician to assess a focal point to see if this triggers a painful stimulus and whether this radiates/refers around the site. Quite often you will have several trigger points.

Why am I having the injection?

Your pain specialist consultant has determined that your pain may be coming from these areas. These injections can reduce pain for some patients.

What is injected?

Local anaesthetic alone or local anaesthetic and steroid.

Does it work?

The injection is used primarily to diagnose and treat the source of your pain. You should experience pain relief within 15 minutes of the injection, which may last for a few hours to a few months.

Risks and side effects

Due to the procedure:

- No reduction in your pain levels
- Infection – (affects around one out of every 100 patients treated)

- Bleeding (affects less than one out of every 100 patients treated)
- More discomfort for the first few days after your injection. This is usually temporary and should settle. Continue with your normal pain relief. Sometimes it can take a couple of weeks, but generally only lasts a couple of days. (Affects around one out of every 100 patients treated)
- Bruising to the injection area.
- Numbness around the site. This is usually temporary and should return to normal
- Allergy to injected medication (affects around one out of every 100 patients treated)
- Dizziness
- Unlicensed steroids - side effects include hot flushes, feeling sick, mild abdominal pain, fluid retention, a temporary rise in blood sugar, menstrual irregularities (in women), subcutaneous fat atrophy and hypopigmentation. These should settle within a few days.
- Other side effects - soft tissue injury, toxicity, weakness/heaviness, vasovagal attacks, blindness

What happens on the day of my appointment?

- Please arrive at the Injection Suite in the Outpatient Department (OPD) no more than 10 minutes before your appointment time as the waiting list is limited.
- Take all your tablets as normal. Bring a list of your tablets with you.
- A nurse will take some details from you to check that you are fit for your procedure.
- A doctor, not necessarily your consultant will come and see you. You may be asked to sign a consent form. The doctor will be able to answer any questions you may have at



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this time.

- You may be asked to put on a hospital gown
- You will be at Injection Suite in the Outpatient Department (OPD) for about 30 minutes. This time may vary depending on unforeseen circumstances.

What does the procedure involve?

- You will be asked to sit or lie on your stomach.
- The area will be palpated and possibly marked, then injected with local anaesthetic +/- steroid.
- You may feel some discomfort during the procedure
- After you have had your procedure, you will need to stay with us for about 30 minutes before you can go home.
- Due to theatre lists, you may have to wait a period of time before your slot, please be prepared for this.

After your procedure

You will be monitored by nursing staff and offered refreshments until you are ready to go home. You must **not** drive home or go home on public transport. Please arrange for someone to collect you. You are allowed to go home by taxi.

Back at home

- Take things easy for the rest of the day. Do not do any excessive exercise or heavy work for the first few days, it is best to increase your activities gradually.
- Remove the dressing the next morning.
- Continue to take your pain tablets till you notice any improvement in your symptoms.

Who do I contact if I have problems following procedure?

From 9am-4pm you can either speak to a nurse

in the Outpatients Injection Suite on 0121 685 4000 extension 55814 or contact the secretary 0121 685 4101

Follow up appointment

You will be given contact details and a date when you will be contacted. You'll speak to a pain nurse specialist and report on the progress of your injection. Any urgent problems to contact your GP.

Important Information

- Please inform Injection Suite in the Outpatient Department (OPD) if you are diabetic, have a cough or cold or have any kind of infection.
- You must inform us if you are taking any of the following tablets Antibiotics, Anti-retroviral medicines (steroids interact therefore preferably avoided) Apixaban, Aspirin, Dabigatran, Rivaroxaban, Warfarin or Clopidogrel or any other tablet to thin the blood before attending as some of these may need to be stopped some days before.
- Inform the doctor if you are having surgery within 2 months of steroid injection
- Inform the doctor if you intend to travel abroad within 2 weeks after injection (we may need to change your appointment date

Your procedure may be cancelled if you do not inform Injection Suite in the Outpatient Department (OPD) of the above before your appointment date.

If you cannot make your appointment date, you must let the Scheduled Care Coordinators know as soon as possible on 0121 685 4334. Your appointment can then be given to someone else.

Information for females

We will need to know the start date of your last menstrual period. If you think you might



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be pregnant, contact Injection Suite in the Outpatient Department (OPD).

Responsibilities

It is our responsibility to ensure you receive the best possible care regardless of age, gender, sex, or ethnicity and in an environment that is safe and clean.

It is your responsibility to:

- Inform us of any changes to your personal circumstances, i.e. change of address
- Attend for appointments on time
- Inform us if you are unable to keep an appointment. Failure to inform us may result in you being referred back to your GP.

Dignity and Respect

It is expected that staff, patients and visitors will treat each other with dignity and respect. The hospital operates a zero-tolerance policy towards acts of physical or verbal aggression and action, including prosecution where appropriate, action will be taken if such behaviour is displayed.

Patient Support

Our Patient Advice and Liaison Service (PALS) offers help, support and advice to patients, their relative, friends and carers. PALS can help answer questions you have about hospital services; respond to problems or concerns; and welcome your suggestions or comments, both positive and negative. PALS can be contacted by phone, Monday to Friday, 8.30am and 4.30pm. See contact details below.

Patient Experience

As a hospital we are committed to listening to the views of our patients and using the feedback to inform service improvement plans. You may be asked to complete several surveys at different stages during your treatment. Please help us by completing the questionnaires. Your

participation is greatly appreciated.

Contact Numbers

PALS

0121 685 4128

Scheduled Care Coordinator

0121 685 4334

Injection Suite in the Outpatient Department (OPD) 0121 685 4000 Ext 55814

Pain Management

0121 685 4101

Urgent calls

Please contact your GP or NHS 111

If you require an interpreter please contact pain management

Further Information

www.roh.nhs.co.uk

www.nhsdirect.nhs.uk

www.spinalmedical.co.uk