

Trigger Point Injection Discharge Instructions

Activity and Diet

- **Activity:** Remain relatively conservative in the things you do today
 - **Diet:** You may resume your normal diet
 - **Medications:** You may resume your normal medication unless otherwise instructed by the Pain Clinic Physician
 - ◆ If your physician has ordered a prescription for you, take the medication as ordered. **Remember:** Pain medications require 45 minutes to reach their full affect. Pain medications may also make you dizzy or drowsy. **DO NOT DRINK ALCOHOL OR OPERATE MACHINERY WHILE YOU ARE TAKING PAIN MEDICATION.**
 - **Smoking:** It is strongly recommended that you **refrain from smoking**. Smoking may reverse the effects of the procedure and worsen symptoms.
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- Dressing:** A small Band-Aid has been placed on the injection site - which should be kept dry and removed the next day.
 - Discomfort at injection site:** Try applying ice wrapped in a washcloth for short periods of time (i.e. 20 minutes every 2 hours) during the first 24 hours and then try mild heat.
 - Side Effects:** Possible side effects of the steroid medication include facial flushing, insomnia, occasional low-grade fever, headaches, increased heart rate, and abdominal cramping or bloating. Diabetics may see a rise in blood sugar levels. These side effects are bothersome in only about 5% of patients and commonly disappear within 1 – 3 days after the injection.
 - Return to Normal:** You may experience numbness and / or relief from your symptoms for up to six hours after the injection. Your usual symptoms may then return and may possibly be worse than usual for a day or two. You should be able to return to work the next day.
 - Report any of the following to your physician:**
 - Difficulty breathing
 - Weakness in the area of injections
 - Severe swelling or bruising in the area of injection