

## What is a Trigger Point Injection?

A **Trigger Point Injection** (TPI) is an injection of small amount of local anesthetic and steroid into a muscle area where you feel pain or tenderness.

These areas are called trigger points because they produce pain when touched or stimulated.

TPIs are used to treat myofascial pain, which is pain in a specific muscle or muscle group.

## When should I get emergency assistance?

Dial 911 or have someone take you to the nearest emergency room immediately if you experience either of the following:

- **Difficulty Breathing:** such as shortness of breath or pain when breathing (particularly after upper back or chest injections)
- **Severe Swelling**

Tell the emergency room staff that you just had a trigger point injection. A physician must evaluate you for bleeding or respiratory complications.

## When should I call for help?

If you experience **weakness or numbness in your legs or feet, an increase in pain, fever, or chills**, you may need an immediate evaluation.

Contact Quantum Pain & Spine right away at:  
**(469) 913-6136**

## CONTACT US

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**(469) 913-6136**



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# TRIGGER POINT INJECTION

Exceptional Care.  
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# 1

## Procedure

The procedure takes approximately 15 minutes.

### Step 1

You may be sitting or lying down for the procedure.

### Step 2

The injection site will be cleansed with an antiseptic solution.

### Step 3

Your doctor will apply pressure with his or her fingers to locate the area where you have pain.

### Step 6

Once the specific area of pain or tenderness has been located, it will be injected with a small amount of local anesthetic blended with a steroid.



# 2

## After the Procedure

You may experience any of the following side effects after the procedure.

- » Sensation of warmth
- » Sensation of tingling
- » Numbness at the injection site(s)

These symptoms will disappear, and you may also have mild discomfort once the local anesthetic wears off. This usually lasts 2 to 3 days. If discomfort persists, apply ice to the area the day of the procedure and moist heat the day after the procedure.

**TRIGGER POINT**

**MUSCLE TISSUE**

