

If you require a translation please contact:

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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

TRIGGER POINT INJECTIONS

Pain Management Services

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

ARE THERE ANY SIDE EFFECTS OF BOTOX?

Botox commonly causes ache in the treated muscle for up to three weeks. Some patients experience mild flu-like symptoms that settle in a few days.

WHAT IF I HAVE FURTHER QUESTIONS?

Before treatment - you should ask your doctor before you sign the consent form.

After treatment (on day ward) - ask a member of staff, they will answer your questions or contact your doctor.

After treatment (at home) - the Pain Clinic runs a help line answerphone service for non-emergency queries. Telephone **01932 723998** - calls will be returned on the following Monday or Thursday.

Urgent calls after Day Surgery should be directed to Accident and Emergency Department , telephone **01932 722321**, or to your own doctor.

FURTHER INFORMATION

The Pain Society provides a comprehensive web site that you may find useful at www.britishpainsociety.org

WHAT ARE TRIGGER POINTS?

Trigger points are tender points within muscle. When muscles are irritated or injured they react by tightening. When this tightening is continuous, or persistent, it may develop into spasm. This often causes aching or pain that may become continuous.

When the doctor examines, you he may be able to identify tender areas of tightness within your muscles that are painful when pressed. These are called trigger points.

WHAT ARE THE CAUSES OF MUSCLE SPASM?

Causes include sports injury, whiplash injury, underlying joint pain, repetitive movements, uneven posture.

WHAT IS THE AIM OF THE TREATMENT?

To inject local anaesthetic and steroid (an anti-inflammatory medication) around the trigger points within the muscle. This can interrupt the muscle spasm and allow greater mobility. As you then exercise and stretch the muscle, it will begin to function normally again.

HOW IS THE TREATMENT PERFORMED?

Prior to injection, you will be examined and the tender trigger points will be noted and, sometimes, marked. The skin will be washed with antiseptic solution to prevent infection.

Author:	Dr Rose Block
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Version: 2	Reviewed & Republished: 30/09/2008 Review date: 29/09/2011

Local anaesthetic will be injected to numb the skin. The needle is then placed into the trigger point. The local anaesthetic and steroid mix is then injected into the muscle. This will be replaced into the other trigger points. The doctor may then massage the solution further into the muscle.

Sometimes the doctor may, sometimes, first inject dye and use X ray to see the exact spread of the solution.

WHAT IS THE POTENTIAL BENEFIT?

Injections do not give permanent relief from all pain, but may produce reduction of pain and stiffness for a variable length of time. This should allow improved ability to exercise, rehabilitate, and maintain the benefit.

WHAT ARE THE POTENTIAL RISKS?

After the treatment you may have some bruising but this will be short-lived.

Sometimes you will feel stiff and sore for up to a few days after the treatment. You should take your normal pain killers regularly during this period, and maintain stretching and mobility.

In general, treatment is well tolerated and you will be allowed home after a short period of observation on the Day Surgery Ward. You may be advised to have a responsible adult to take you home after the procedure.

ARE THERE ANY ALTERNATIVES TO TRIGGER POINT INJECTIONS?

Muscle pain is often treated most effectively with more than one treatment at the same time. Physiotherapy, exercise, painkillers, and TENS therapy are some other options.

Trigger point injections are an option, but patients do best when these are combined with other treatments. There are no direct alternatives to trigger point injections, that is no other injections which do exactly the same thing. However without trigger point injections the other treatments may still be quite effective.

WHAT HAPPENS NEXT?

After treatment, you will attend outpatients for follow up.

Most patients will benefit from gentle stretching exercises done regularly at home after treatment.

If muscle pain has been present for a long time prior to treatment, some patients will need further injections.

BOTOX

For patients with severe or persistent muscle spasm, your doctor may well consider Botulinus Toxin for trigger point injections.

WHAT IS THE BENEFIT OF BOTOX?

It relaxes the muscle and allows greater release of spasm.