

Trigger Point Therapy Post Procedure

PATIENT INFORMATION



PREPARING FOR THE PROCEDURE INSTRUCTIONS

1. It is best to not eat solids four hours prior to procedure and clear liquids such as water, coffee, tea, soda, or non-pulp juice up to two hours prior to the appointment time.
2. Take your regular medication with a sip of water up until two hours prior to the procedure appointment time.
3. Shower the morning of the procedure and clean the area of the injection well with soap.
4. Wear loose comfortable fitting garments.
5. Consider bringing driver to take you home as some muscle weakness may occur which would delay your discharge until strength returns.

WHAT TO EXPECT DURING THE PROCEDURE

1. The procedure is done in an office procedure room or in the exam room depending on the equipment needed.
2. The injection area is cleansed with a sterilizing cleanser that contains alcohol, iodine, or chlorhexidine.
3. Ultrasound needle guidance may be used to place the needle accurately if needed. If this is used, a gel to allow better contact with the skin is used and it may be cool to touch.
4. Small needles do not require local anesthesia in the skin as the local anesthesia hurts worst than the small needle. Other times if a larger needle is required, a cooling topical agent is used with cools the skin so the nerves do not feel the sharpness as well.
5. The injection may produce pressure or discomfort briefly.
6. A dressing is applied after the injection site is cleaned and dried.

AFTER THE PROCEDURE INSTRUCTIONS

1. The site of the injection may be sore for a few days most usually. Ice to the site protected by a cloth such as a washrag for twenty minutes at a time every few hours can be helpful.
2. Tylenol 650 mg or Ibuprofen 800 mg every six hours reduces discomfort if you have no allergies to these medications.
3. You should take all your regular medications on time including insulin / diabetic medications.
4. You may eat immediately but starting with light solids is best after first trying liquids.
5. When steroids are injected, they have a sticky quality that works best at reduced activity levels for a few hours after the procedure and then return to regular activity is fine.
6. If you have any increased pain or different pain, temperature greater than 100 degrees Fahrenheit, chills, bleeding at site that drenches dressing, streaking of the skin or bright redness, warmth of the skin at the site, weakness or numbness of an extremity beyond what is expected or that we have previously discussed, or nausea, please call us. These reactions are uncommon.
7. Most often we arranged follow-up visits to assess response to the injection, but sometimes we do not and, in that case, give injection a few days to work and if the improvement is not adequate, please call and make appointment to discuss.

Thank you for choosing Integrated Physical Medicine.

If you have any questions, do not hesitate to call our offices.

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