

Trigger Point Injection Procedure Instructions

If you have any questions or concerns about the procedure, or if you need to change your appointment date or time, please call 801-294-7246.

BEFORE THE PROCEDURE:

- You may not have an active infection or currently taking Antibiotics.
- Advise physician if you have any medication allergies.

AFTER THE PROCEDURE:

You may stay in the office and rest quietly until you feel well enough to leave. For some people, this is 10 minutes; for others, it can be longer.

You may experience the following conditions lasting three to four hours:

- Light-headedness caused by a drop in blood pressure
- If you have diabetes, and steroids are used, it may cause a temporary increase in your blood sugar.

These conditions usually begin within the first hour after the injection.

The injected area may be numb for 24 hours, and the site may be sore for one to two days. You may get a bruise at the injection site.