Center for Pain & Wellness
www.ucipain.com

UC Irvine Health

Patient Guidelines
TRIGGER POINT INJECTION

Should I limit my activity or change my diet after the injection?

No. Unless your doctor tells you otherwise, you may return to your usual activities.

Are there any side effects caused by trigger point injection?

You should call your pain physician if you develop any of the following symptoms.
- Redness, swelling, bleeding or discharge from the injection site.
- A fever greater than 100 degrees or chills.
- Chest pain, shortness of breath or persistent cough.

What are the medications used for trigger point injection?

Trigger point injections are done with a mixture of different medications given for specific reasons.
- Lidocaine or bupivacaine, are local anesthetics which is used to numb the area of injection; this numbness usually wears off within 2 - 6 hours.
- Triamcinolone (Kenalog), a steroid which is used to treat inflammation and pain. The effects of this steroid may take up to 10 days to appear.

When should I call my doctor?

You should call us immediately if any of the following occur:
- If you experience any swelling, redness, bleeding or discharge from the site of the injection
- If you have a fever greater than 100 degrees Fahrenheit
- If you experience new or worsening back or neck pain
- If you experience a new numbness or weakness in your arms or legs
- If you experience any chest pain or shortness of breath or persistent cough.

How can I reach a nurse or doctor from the Center?

To reach a nurse, please call 949-824-7246 and leave a message on the nursing line. Your call will be returned within 12 business hours.

There is a doctor on call 24 hours a day, 7 days a week for Urgent Issues, who can be reached as follows:
- DURING OFFICE HOURS (Monday thru Friday, 8:00 a.m. to 4:00 p.m.), please call 949-824-7246 and leave a message for the physician on the nurses' line
- AFTER HOURS AND ON WEEKENDS, please call 714-456-7890 and ask the hospital operator to page the physician on call for the Chronic Pain Service Pager 3386