**Therapeutic Injection Post-Treatment Instructions**

These guidelines help you understand what to expect after a trigger point injection.

**NO** straining, heavy lifting, vigorous exercise for **4-6** hours following treatment. It takes 2 hours for the toxin to bind to the nerves in order to start its work of relaxing. Increasing circulation will wash away the toxin before it has time to bind properly.

**AVOID** manipulation of the area for **4-6** hours following treatment.

**DO APPLY** heat starting 6 hours after the injection. Apply heating pack 10 minutes at a time, 4 times a day for 4 days. Follow this with gentle stretching of the painful muscle. It is important to keep movement in the muscle after the injection.

You may take NSAIDS, such as ibuprofen, for 4 days following the procedure, unless otherwise contraindicated.

Injections can take **3-10** days to take full effect. Most patients start to feel a benefit after 2-4 days.

Some patients experience a period of immediate relief followed by pain that is equal to or greater than their original pain for 2-3 days following the injection. If this increase in pain persists for more than 3 days notify the office at 479-705-2310. For some patients this increased pain can indicate that surrounding trigger points, commonly referred to as latent points, have become aggravated. These patients may require 3-5 more injections per site to break the cycle of pain.

**\*\*Please call if you develop soreness, redness or heat at the injection site, fever or new onset weakness\*\***