



PRAIRIE

ORTHOPAEDICS &
SPORTS MEDICINE



Dr. Jordan Anderson
P: (306) 751-0025 ext. 105
F: (306) 205-8660

Dr. Jordan Buchko
P: (306) 751-0025 ext. 101
F: (306) 757-4322

Dr. Tanner Dunlop
P: (306) 751-0025 ext. 102
F: (306) 205-2120

Dr. Peter Dust
P: (306) 751-0025 ext. 104
F: (306) 205-0505

Dr. Blair Ogle
P: (306) 751-0025 ext. 103
F: (306) 205-8876

1600 Anson Road, Regina, SK S4P 0E8
www.prairieorthopaedics.com

Information on your Trigger Point Injection

What is a trigger point injection?

A trigger point injection is an injection of lidocaine (freezing) into a muscle that's very tight, painful, and in spasm.

How do trigger point injections work?

Trigger point injections work in two ways. First, the needle breaks down some of the tight tissue to get it to release. Second, the lidocaine (freezing) stops the pain cycle in the affected area. If or when the pain returns, it does so to a lesser degree.

Are trigger point injections covered by Saskatchewan Health Benefits?

Trigger point injections are covered by Saskatchewan Health Benefits when performed in a Saskatchewan Health Authority facility; however, as we are a private medical clinic, there is a charge to cover the cost of the injection supplies. We charge \$20 for a series of up to 3-4 trigger point injections at the same appointment. We expect payment in full to be made at the registration desk on the day of your appointment. Payment is by credit card or debit only.

What you need to know before your trigger point injection:

- There is a very small risk of injury to the blood vessels, nerves, or organs in the surrounding area.
- Take your other medication regularly as prescribed, including on the day of your injection.
- Drink plenty of non-caffeinated fluids in the 24 hours leading up to your appointment to hydrate.
- Be sure to eat a regular meal with fluids before your appointment.

What will happen during your trigger point injection?

- Please wear clothing that exposes the area that will be injected. You may be asked to change into a gown and asked about your medications.
- The area will be examined, and between 1-4 trigger points will be determined.
- The area to be injected will be cleansed with a disinfectant. Using a syringe and needle, the doctor will inject the lidocaine (freezing).
- Once injection is completed a dressing will be applied.

What to know after your trigger point injection:

- You may experience some increased soreness or worsening pain over the next day or two following your injection. This is normal and should get better as the inflammation subsides.
- Please discuss any necessary activity or work restrictions with your doctor and request a
- doctor's note if needed.

- Remove the injection site dressing the day following your injection. Do not soak your injection
- site in baths, lakes, pools, or hot tubs for at least 48 hours.

Please notify your Doctor if you develop any redness, swelling or drainage at the injection site or if you develop a fever, chills or severe pain after your injection.

If you have any questions or concerns, please contact our office.