



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

**TODAY'S PROCEDURE: Trigger Point Injections**

- You have received a Trigger Point Injection. After the injection you may have decreased muscle strength on the side of the injection due to the local anesthetic.
- You should not drive for 12 hours **if** you have weakness after your injection.
- You may experience pain or soreness at the site of the injection. You may apply a cold or heating pack 10 minutes at a time, 4-5 times a day for 4 days.
- A very small percentage of patients may experience an increase in their usual pain for two or three days following the procedure. If this increase in pain persists past three days, please contact our office.
- If you experience any swelling, redness, bleeding or discharge from the site of the injection or If you have a fever greater than 100 degrees Fahrenheit. Please contact our office or present to the nearest emergency room.
- If steroids were used, they may cause side effects that include blurred vision, frequent urination, increased thirst and change in blood sugar levels, especially in diabetic patients. If these side effects become bothersome or worsen, please call our office.
- Should you experience any symptoms of shortness of breath or difficulty breathing you should report directly to the Emergency Room.



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**PAIN DIARY**

Dear Patient,

In effort to better assess your pain after you go home, please use this "**Diary**" to record your pain score. This is the best way for your doctor to evaluate how effective your pain management was. **Please BRING this diary with you to your next appointment.**

<b>DATE</b>	<b>TIME</b>	<b>RATE YOUR PAIN ON A SCALE OF 0-10</b>
Before Procedure		
After Procedure		
2 Hours After Procedure		
4 Hours After Procedure		
6 Hours After Procedure		
8 Hours After Procedure		
Next Day After Procedure		
Second Day After Procedure		
Third Day After Procedure		
Fourth Day After Procedure		
Fifth Day After Procedure		