



## POST-OP TRIGGER POINT INJECTIONS

| DOB:

### TRIGGER POINT INJECTIONS

*Post-Operative Care Instructions*

#### SYMPTOMS

The most common reactions to trigger point injections are:

- Redness, swelling, bruising, and tenderness after the injections. These usually subside a few days after the treatment but can last up to a week.
- If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.

#### HOME CARE

- **Mild** facial muscle movements in the injected areas are recommended for 1-hour following treatment. This is to stimulate the jaw muscle after injection.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections.
- Try to avoid sleeping directly on the side of treated areas, please ask Dr. Beth Herko for suggestions if you normally sleep face down.
- In the first 24 hours following treatment limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising, or swelling at the injection sites.
- Patients should avoid strenuous exercise for 48 hours to prevent increasing blood flow to the face.
- Avoid dental procedures (including teeth cleaning) 2 weeks post-treatment.
- It may take 10-14 days to experience the full effect of your injections.

#### PAIN MANAGEMENT

- Cold compresses may be used after the treatment to reduce swelling and decrease soreness.
- You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, or Celebrex®.
- Ingesting Fish oil, Gingko Biloba, St. John's Wort, and/or high doses of vitamin E, may cause an increased risk of bleeding or bruising at the injection sites. (We recommend waiting 5 days before resuming consumption)

Your satisfaction is important to us! We would like you to return to the office in 2 weeks to see if additional treatment is necessary. If follow up treatments are necessary, there will be additional charges at the regular rate. Additional costs may apply. Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult with Dr. Beth Herko about their recommendations for touch-up or follow-up treatments.

Patient's signature:

Date:

Doctor's signature:

Date: