



# Headache Wellness Center

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## Trigger Point Injections and Nerve Blocks

Trigger point injections (TPI) and nerve blocks (NB) are procedures performed in our office for the purpose of short-term pain management. Migraine and other headache disorders are frequently accompanied by head, neck, and peripheral nerve pain. By treating the associated pain areas with injections, short-term relief of pain may be obtained.

A small needle is used to inject a steroid medication (decadron) and two anesthetic agents (lidocaine and marcaine). Areas of the head, neck, and shoulders involved in pain signaling are injected. The procedure is usually well-tolerated. The most common side effects are post-injection soreness, stiffness, or bruising along the areas of injection. Brief periods of nausea, dizziness, lightheadedness, or faintness may develop during the procedure, but usually resolve quickly. Patients who have diabetes mellitus may find that their blood sugar levels are elevated as a result of the treatment. Injections given late in the afternoon may cause mild insomnia that night due to the activating property of the steroid. Long-term or serious side effects are uncommon due to the relatively small amounts of medications injected. Specifically, it is unlikely that patients will experience weight gain, prolonged hypertension, or persistent metabolic abnormalities. We have found that our comprehensive injection approach performed in a series of injection sets provides the best outcome for our patients.

Patients may return to their normal activities after the treatment, including work or school duties. Massages, weight lifting exercises, and heavy manual activities on the day or two after the treatments are discouraged. Patients should avoid scheduling other medical or dental procedures on the day or two after the treatments as other procedures may also use anesthetics or steroids which could interact with our medications.

Our office will assist you in understanding billing and costs of services. These treatments are typically covered services, but yearly deductible and coinsurance terms specific to your particular insurance plan will influence your payments.

Should your deductible/co-payment cost represent a financial hardship, our office will gladly work with you to create a payment plan. Please feel free to contact our billing department with any questions or concerns.