



## Muscle and Tendon Injections

### **What is a muscle or tendon injection?**

A muscle injection can be used to treat trigger points (painful “knots” in the muscle). These trigger points can be tender to touch and are caused by the muscle being stuck in a contracted state. The goal of a trigger point is to release and relax the muscle. A tendon injection can be used to treat inflamed tendons. Tendons are the connective tissue that connects muscle to bone. When injured or irritated, they can become painful. The goal of a tendon injection is to reduce inflammation and pain.

During a muscle or tendon injection, a needle is placed into the muscle or tendon and a mix of local anesthetic and a steroid are injected. The steroid reduces inflammation and the anesthetic interrupts the pain signal.

### **What can I expect during this procedure?**

Your procedure will be performed at an outpatient surgery center. You will be asked to arrive 45 minutes before your procedure time. You will first meet with a nurse in the pre-operative area. They will review your medical history, including all current medications and allergies. You will be asked to change into a medical gown prior to the procedure. If you choose to receive light sedation, an IV will be started. You will then be taken to the procedure room and positioned on the procedure table. The procedure generally takes 10 to 15 minutes to complete. Following your procedure, you will be taken to the recovery area to rest for 15 to 30 minutes before being discharged home.

**If you are taking any blood thinning medications (i.e. aspirin, Eliquis, Plavix, etc.), please notify our office. It is important we provide you with instructions on holding these medications if necessary.** Additionally, if you are taking any antibiotics or have an active infection, it is important you notify our office. We may need to delay your procedure until your infection has cleared.

**If you choose to receive sedation for your procedure:** you may not have anything to eat or drink for eight (8) hours prior to your procedure. You may take your regular medications with a small sip of water. You must also have a responsible adult (over the age of 18) accompany you and remain on surgery center premises during your procedure to assume your care upon discharge. Your responsible adult must be present at the time you check in for your procedure. Taxi cabs and rideshares are not permitted (unless you have a responsible adult present to accompany you). For your safety, we cannot make exceptions to these requirements.

### **What is the anticipated recovery from the procedure?**

Recovery from this procedure is typically brief. You may experience minor discomfort and soreness at the procedure site for a few days. You will receive detailed discharge instructions at the time of your procedure. You are encouraged to call our office should you have any questions.

**Rembrandt Surgery Center phone number: (480) 809-6266**

**The Pain Experts of Arizona phone number: (480) 550-9393**