



Our Mission: The Dental Health Care group is committed to extraordinary and thorough service. We want to educate our patients so they can make informed choices. We use state of the art technology so that patients can have and maintain a beautiful and healthy smile.

Trigger Point Post-Operative Instructions

- After your treatment, you might have some redness and swelling. This will normally last less than seven days. Hot compresses should be used immediately after. Apply a hot, moist washcloth (place it in the microwave for 60 seconds) pack to the treated area for 60 minutes, and continue periodically throughout the day. If you are treated for muscle spasm/pain, you must stretch the area as performed by the doctor.
- Periodically (every 30 minutes) do a “lazy” stretch of the area.
- Let the muscle(s) rest for the rest of the day.
- Please eat a balanced but soft diet for the next 24 hours. Take Vitamin C daily (2,000mg) for the next week or, if indefinitely if the doctor indicates.
- Before going to bed the night of your treatment, gently wash the treated area with clean hands with an antibiotic soap (such as Dial) and water. Lubricate with Neosporin or antibiotic ointment if desired.
- You may take ibuprofen after your treatment to help with any discomfort and/or swelling that may occur when your anesthesia wears off.
- A bite guard is usually recommended as an adjunct to this treatment.

You may need repeated injections depending on the severity of pain or how long you have had the pain.

If the pain persists for longer than 6 weeks, you may be referred for more advance imaging (MRI, CT) and additional diagnosis.

Thank you.

Dr Jeffrey M. Rosenberg & Associates – The Dental Health Care Group
413 Bainbridge Street, Philadelphia, PA 19147 215-592-4747 Fax: 215-592-8230
Website: www.philadelphiasdentist.com
E-mail: drjeff@philadelphiasdentist.com