



Karma Wellness Center

Trigger Point Injections

Post-Treatment Care

You have received a targeted treatment designed to promote relief and recovery. Supporting the area during the healing process and following these guidelines will help optimize results and reduce the risk of complications.





DO

1. **Reduce Soreness.** Apply cool compresses as needed to reduce soreness.
2. **Stay hydrated** to support muscle recovery.
3. **Stretch if instructed by provider.**
4. **Resume light daily activities** as tolerated.
5. **Follow provider instructions.**

DO NOT

1. **Do not massage** or apply excessive pressure to the treated area for 24 hours.
2. **Do not engage in strenuous exercise** for the remainder of the day.
3. **Do not apply heat** (hot tubs, saunas, heating pads) for 24 hours
4. **Do not consume alcohol** immediately after treatment.
5. **Do not ignore unusual or worsening pain.** Contact provider if this occurs.

Contact Us if you Experience

-  Worsening pain
-  Unusual pain
-  Signs of Infection
-  Severe pain not relieved with recommended care

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office.



845-825-3362