

Injection therapy for ACNES and groin pain

You have recently been evaluated, or you are going to be evaluated, in our outpatient clinic for chronic abdominal wall or groin pain. Sometimes pain is caused by nerve entrapment. If this diagnosis is likely, the doctor first tries to determine, via one or more injections (test block), which nerve is causing the pain. An anaesthetizing fluid is administered into the location where the nerve penetrates the groin or abdominal muscles. Ideally, it can thus be determined which nerve is conducting the pain. The effect of such an the injection may last up to six to eight hours. Within that time, you will be asked to pay attention to whether a number of activities are easier or more difficult to perform, and whether the desired painkilling effect has been achieved.

Result

Most people may experience a direct effect of the injection (within minutes). This alone can lead to a feeling of relief. Usually, the anesthetic effect wears off after several hours. Remarkably, however, a substantial number of patients experience an ongoing effect of the injection. Some even report that it has worked for weeks/months. Approximately 10% of the patients are permanently pain free after just a single injection ! Unfortunately, however, the pain returns to a greater or lesser extent in the majority of patients.

If the pain is again severe, we propose to repeat the injection, sometimes once or twice more. Also, we incidentally may choose to inject corticosteroids ('Kenacort or Depomedrol') together with the anesthetic agent (lidocaine or bupivacaine). There is some evidence to suggest that the combination of these two substances may occasionally give more pain relief in selected patients. With an injection scheme, it is possible for up to 30% of the patients to become free of pain.

After a groin injection, there may be, for a short period of time, a loss of strength and/or numbness in the leg. You should therefore not drive a vehicle during the first 24 hours after the injection. Make sure that someone is driving you home. Many patients experience some after-pain after an injection. You can take a pain killer such as paracetamol (according to instruction leaflet) or your own pain-relieving medication. The after-pain can persist for several days but is almost always temporary.

The final result of injection treatment can only be assessed after a minimal 6 weeks. We will call you after this time period to discuss the outcome.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.

Complications

Your doctor will always administer the injection as carefully as possible. However, there is a low risk of complications:

- Bruising can occur if a small blood vessel is hit. This causes a bruise and also sometimes a substantial after-pain.
- Muscle pain at the site of the injection.
- Increase in pain symptoms is very rare, but can happen.
- The injection sometimes initially leads to more irritation and pain at the site. For the final effect, you sometimes have to wait for several days.
- In very rare cases, a person may be allergic to lidocaine, bupivacaine or corticosteroids. If so, you will have an unfamiliar physical reaction in the hours after the injection. You will always be asked if you have ever had such an untoward effect following an injection prior to a first injection. The symptoms are very diverse in nature. If you feel not well after an injection, you should contact your GP or the urgent care department of your local hospital.

Conclusion

Unfortunately, a beneficial effect of an injection on pain cannot be guaranteed. It is possible that your symptoms cannot be treated with the available injection techniques. Treatment of long-term pain symptoms is often a difficult and arduous process. However, we will use our experience and expertise to help you and to do everything possible to reduce your pain. We are always willing to refer you to another doctor if this person might have more experience in treating your illness.

Following steps

If injection therapy is not beneficial for your neuropathic pain, a next step may be PRF, or surgery. Your doctor will discuss these options, usually at the beginning of the injection treatment.

Contact

If you have any problems or questions immediately after the procedure, you can always contact the outpatient surgery clinic, phone: 0031(40) 888 85 51. Be sure to contact us in the following situations:

- severe, increasing pain at the wound area that does not go away after taking analgesic medication.
- increased swelling at site of injection
- increasing pain and redness of the wound area
- body temperature above 38.5 degrees Celsius
- nausea with vomiting
- sudden shortness of breath
- difficulty urinating

During business hours (Monday / Friday from 8:30 am to 4:30 pm) please call SolviMáx, Expertise Centre for abdominal wall and groin pain: (040) 888 85 51. Outside of office hours, call the emergency department (Urgent Care), Veldhoven location: (040) 888 88 11.