

## **Traumeel Injections**

Traumeel is a substance that contains homeopathic components, including arnica. No major studies have been performed to examine its effects. It may promote healing and reduce inflammation and pain, helping to speed recovery from injuries to soft tissues such as muscle, tendon and ligaments.

### **What will the procedure involve?**

The skin over your injury will be cleaned. Then local anaesthetic may be injected with a fine needle into the area of your injury, in order to make the site numb.

Traumeel will be injected into the site of the injury. Afterwards, a plaster will be placed on the skin where the injection has been performed.

You will be given advice about rest and appropriate exercise to perform after the injection.

### **What are the possible side effects?**

As with any procedure there can be side effects. There may be mild discomfort associated with having an injection.

Due to the injection there may be a very small risk of infection, but this is minimal and no greater than for any injection. Sterile precautions are taken throughout the procedure to prevent infection.

The injection may also cause a temporary flare of pain.

Please be sure to ask the doctor beforehand if you have any questions about the injection, and also to inform the doctor if any concerns arise after the procedure.