

Marcaine® and Kenalog® Injections

Marcaine® injections are used for the treatment of pelvic pain in women. The cause of the pain is not always known but it can occur after a surgery, vaginal delivery, or other trauma. The injection numbs the pelvic area to stop the nerve signals that cause the pain. Even after the numbing effects of the injection have subsided, there will be fewer pain signals from the pelvic floor thus relieving chronic pain. Kenalog, a steroid, may be injected along with the Marcaine to decrease inflammation.

What is Marcaine®?

Marcaine is an anesthetic. It is injected into the vaginal wall just inside the opening of the vagina. The anesthetic will be injected into either the pudendal nerve or a muscle of the pelvic floor within the vaginal wall. If the Marcaine is injected into the pudendal nerve, the procedure is called a pudendal block. If the Marcaine is injected into a muscle, the procedure is called a trigger point injection. In a trigger point injection, Marcaine is typically injected along with Kenalog. Patients can receive either or both types of injection. The injection takes about 10 seconds and can cause some discomfort.

What to Expect After the Injection?

The pelvic area will be numb for 1 to 2 hours after the injection. In a pudendal block, the muscles of the vaginal wall and the area around the vagina will be numb. On rare occasions, numbness extending down the leg occurs for a short period of time. In a trigger point injection, a specific muscle of the pelvic floor will be numb.

Some pelvic pain may persist after the first Marcaine injection. It is common for patients to receive 2 to 3 injections. Each injection helps to diminish the pain signals from the pelvic floor area. Injections are given every 3 to 12 weeks.

Wear a pad for 1-2 days following a Marcaine injection as some spotting may occur. You should not participate in sexual intercourse for 2 to 3 days and you should keep your bowel movements soft.

If you have heavy bleeding, swelling, an increase in pain or signs of infection at the injection site, contact your health care provider.

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