

Entheo Med

## **Subcutaneous Lidocaine Infusion - An Effective Treatment for Persistent Pain**

Pain is experienced by everyone at some point in their lives. This sensation acts like a warning system, alerting your brain that something is wrong. In some individuals, however, pain persists even long after a physical injury has healed; this is called chronic (or persistent) pain. Pain is a symptom of an injury, whereas chronic pain is a condition itself. Chronic pain can take a toll on an individual's life, causing a sometimes debilitating decline in quality of life. If you are experiencing widespread pain and your current treatments are not providing you with adequate relief, lidocaine infusion treatment may be an effective option for you.

### **What is lidocaine infusion?**

Lidocaine is a local anesthetic medication that can block certain receptors in the nerves in your body, decreasing painful sensations.

Research has shown that the infusion of lidocaine can reduce pain for people with Complex Regional Pain Syndrome, neuralgias, post herpetic pain, chronic diabetic neuropathy, vascular headaches, centralized pain, or widespread pain.

This treatment is started in-clinic, but you do not have to stay in the clinic after it is started. The infusion is delivered via a catheter just under the skin.

Subcutaneous injections of lidocaine are effective if you are suffering from fibromyalgia, central neuropathic pain that includes spinal cord injuries, or other causes. The treatment procedure involves a slow infusion of lidocaine into your body over many hours. This helps reduce pain throughout the body by blocking pain receptors in the brain and spinal cord.

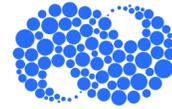
The treatment is prescribed when standard medications used to treat nerve pain show a lack of effectiveness.

### **Who can benefit?**

#### **Patients with Fibromyalgia**

Fibromyalgia is characterized by widespread chronic pain associated with sleep disturbance, fatigue, and psychological distress. The symptoms occur due to changes in how the brain and spinal cord process signals, causing pain sensations to be amplified.

#### **Patients with Neuropathic Pain**



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In this condition the expression of sodium channels is modified, which causes the unpleasant feeling of pain. Lidocaine has some additional modes of action that help treat central and peripheral pain.

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

Lidocaine is a safe medication compared to other pain available pain medications; however, no drug or medical procedure is entirely risk-free. While the side effects associated with lidocaine infusions are *minimal and rare* in this context, signs of *systemic lidocaine toxicity* may include:

#### **Mild:**

- Numbness around the lips, or involving fingers and toes
- Mild drowsiness, lightheadedness
- Ringing in the ears (Tinnitus)
- A metallic taste in the mouth
- In the event that any of these mild side-effects are noted, the infusion clamp should be closed for an hour, and slowly opened thereafter if symptoms have disappeared. If symptoms are persisting the infusion line should be removed.

More **moderate** symptoms may include:

- Nausea and vomiting, severe dizziness
- Tremors, mild confusion

Extremely **rare, but serious**, side effects include:

- Changes in blood pressure and heart arrhythmias
- Allergic reactions
- Confusion
- Seizures

If any of these **moderate** or **severe** side-effects are noted, the infusion should be stopped immediately, and the infusion line should be removed. Please also call the clinic.

Other, *local* signs of irritation may include: local swelling, redness, rash, or skin irritation at the site of injection. These are usually transient.

Note: While the rare side effects are serious, they are also very, very uncommon in the context of subcutaneous lidocaine infusions, which have been done safely for many years in large pain centres/clinics. Most side-effects resolve within one hour of treatment.

### **Who should *not* have a lidocaine infusion treatment?**

There are certain medical conditions that make it unsafe to receive a lidocaine infusion treatment. It is imperative that you inform the physician if any of the following apply:

- You experienced an allergic reaction to an anesthetic in the past. Your doctor will need to know the name of the anesthetic as well as what type of reaction you experienced.
- You have a history of heart failure, significant heart block, or arrhythmia
- Seizure disorder
- Significant liver or kidney disease.
- You are pregnant or breastfeeding, or will be in the near future

### **How much does it cost?**

The supply fee for subcutaneous lidocaine treatments is \$150.

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