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IV Lidocaine Infusions

About the procedure:

IV Lidocaine infusions have been shown to be beneficial in the treatment of many chronic pain diagnoses that have been resistant to more traditional therapies, especially for neuropathic pain (nerve pain). Common neuropathic pains that have been treated include: Post-stroke pain, peripheral neuropathy, diabetic neuropathy, complex regional pain syndrome (CRPS), trigeminal neuralgia, shingles pain (post-herpetic neuralgia), headache/migraine and Fibromyalgia. Much is still being learned about how Lidocaine infusions work but we know it acts much like the “Ctrl-alt-delete” or “reset” button on a computer within your nervous system. It doesn’t take all of your pain away, but it helps reduce the constant barrage of firing those nerves are having on your system.

If you have an arrhythmia (irregular heart beat), seizures, allergy to Lidocaine or other certain health concerns, a Lidocaine infusion is not right for you as it may worsen these conditions. Talk to your healthcare provider before proceeding.

PRE-PROCEDURE INSTRUCTIONS:

- **You must be fasting for 8 hours prior to your procedure. You are able to have CLEAR liquids (water, jello, coffee without cream, etc.) up until 2 hours prior.**
- **Bring a responsible driver with you! No driving for 24 hours after your procedure.**
- **Wear loose, comfortable clothing. This helps us to be able to place the ECG leads where needed.**

During the procedure:

- A nurse/assistant will take you back into our procedure suite and start your IV. We will monitor your heart with an ECG, along with your heart rate, blood pressure and oxygen levels. We will then discuss what to expect with this procedure along with rights and benefits.
- The infusion itself is only 30 minutes, with up to 500mg of Lidocaine infused through your veins. However every person is different and your infusion will be tailored to you.
- It is common to notice tinnitus (ringing in the ears), numbness around your mouth and lips, and/or a metal taste in your mouth during the procedure. This is not worrisome, however you will need to let your nurse know if this does happen and if it becomes more prominent at any time during the procedure as we will likely slow down the infusion or stop it all together.

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Recovery after the procedure:

- Once the procedure has finished, you will spend 30 minutes in the recovery area for observation. We will continue to monitor your blood pressure, oxygen levels and heart rate.
- Generally, side effects following the procedure are minimal. You may experience tiredness, grogginess, dizziness, ringing in your ears or a headache although these symptoms should resolve quickly in the hours following.

After the procedure:

- You will be given a pain diary to take home to track pain levels, sleep patterns, activities of daily living, etc. for the next 30 days. This will better help your physician understand how beneficial this infusion has been for you, and for how long the effects lasted. This is crucial in tailoring a long term treatment plan designed specifically for you.
- It is often found that repeat infusions improve pain control better and are recommended if any form of improvement is seen during the first infusion. Infusions can be repeated as close to 4 weeks apart.
- We recommend you follow up with your pain / family physician 4 weeks after your infusion for discussion and to determine continuation of treatment.

Many patients ask how long they can expect to see results from a 30 minute infusion. Results vary from patient to patient, but examples of pain relief normally range from 80% - 90% for the 1st week, 70% for the 2nd week, 50% for the 3rd week and a slow reduction back to baseline in the 4th week. Other patients see 50% improvement for 4 weeks with a quick decline towards the end of the 4th week, and even others see relief for longer than 4 weeks. Your results will be as unique as you are!

Please feel free to contact our office at (435) 248-2224 for any questions or concerns.

\$195/ lidocaine infusion
\$225/ lidocaine + ketamine infusion
+ \$25 for Magnesium add on