

TRIGEMINAL NEURALGIA

The following study found that intranasal lidocaine 8% administered by a metered-dose spray produced prompt analgesia without serious adverse reactions in patients with second-division trigeminal neuralgia - "Intranasal lidocaine 8% spray for second-division trigeminal neuralgia" ([Br J Anaesth. 2006 Oct;97\(4\):559-63](#)).

BACKGROUND: Trigeminal nerve block has been widely used for trigeminal neuralgia. This may induce paraesthesia. The second division of the trigeminal nerve passes through the sphenopalatine ganglion, which is located posterior to the middle turbinate and is covered by a mucous membrane. We examined the effectiveness of intranasal lidocaine 8% spray on paroxysmal pain in second-division trigeminal neuralgia.

METHODS: Twenty-five patients with second-division trigeminal neuralgia were randomized to receive two sprays (0.2 ml) of either lidocaine 8% or saline placebo in the affected nostril using a metered-dose spray. After a 7 day period, patients were crossed over to receive the alternative treatment. The paroxysmal pain triggered by touching or moving face was assessed with a 10 cm visual analogue scale (VAS) before and 15 min after treatment. Patients used a descriptive scale to grade pain outcome, and were asked to note whether the pain returned and how long after therapy it recurred.

RESULTS: Intranasal lidocaine 8% spray significantly decreased VAS [baseline: 8.0 (2.0) cm, 15 min postspray: 1.5 (1.9) cm, mean (SD)], whereas the placebo spray did not [7.9 (2.0) cm, 7.6 (2.0) cm]. Moreover, pain was described as moderate or better by 23 patients of the lidocaine spray and 1 of the placebo group. The effect of treatment persisted for 4.3 h (range 0.5-24 h).

CONCLUSIONS: Intranasal lidocaine 8% administered by a metered-dose spray produced prompt but temporary analgesia without serious adverse reactions in patients with second-division trigeminal neuralgia. PMID: 16882684

With our state of the art compounding laboratory we have the ability to compound lidocaine into an intranasal spray.

An example of how you might prescribe follows:

COMPOUNDED MEDICATION

Lidocaine 8%
Intranasal Spray
 30ml
 1 spray in each nostril Q4H PRN