INDICATIONS

1. Post herpetic neuralgia where alternative treatment has proved ineffective or is contraindicated
2. All off label prescribing to be initiated only by West Suffolk Integrated Pain Management Service (WSIPMS).

Out of hours initiation by the WSFT Anaesthetic Services is permissible provided that the WSIPMS is informed and the WSIPMS sends a management and review plan to the GP.

CLINICAL ADVICE:

West Suffolk Integrated Pain Management Service tel: 01284 712528 or 0845241 3313 option 6 or email: wsh-tr.integratedpainsecs@nhs.net

REFERENCES:


# Advice on how to stop lidocaine plasters

- Stop lidocaine plasters and assess pain symptoms after 24 hours. If symptoms are manageable, then do not prescribe any more.
  - or
- Increase the length of time without lidocaine plasters to be >12 hours per day. Gradually increase the plaster-free interval until the plasters are completely stopped.
  - or
- Cut the lidocaine plasters into smaller pieces (or just use one plaster if previously more than one was used), trying this if the painful area has reduced in size. Continue to reduce the size of the pieces until the plasters are completely stopped.

**If stopping the lidocaine plasters has been unsuccessful, try again at least once every 3 months.**

# Tips to avoid over-prescribing

- Discontinue treatment after 4 weeks if ineffective.
- State on the prescription exactly which part of the body the lidocaine plasters should be applied to.
- Prescribe the exact quantity required and do not prescribe a full box of 30 lidocaine plasters unless genuinely indicated.
- Do not put lidocaine plasters on repeat, other than in exceptional circumstances.

**Only very few patients with very severe problems will require lidocaine plasters for >8 weeks.**

- Alert prescribing clerks to monitor usage/over-ordering.
- Exclude the skin protective effect of lidocaine plasters as the sole mechanism of benefit; this does not justify prescribing them.