Intravenous Lidocaine Therapy

**OVERVIEW:**
Lidocaine is a sodium channel suppressor of abnormally-firing neurons. It is best used for neuropathic pain, but can be effective in other pain syndromes. Lidocaine has been studied by various clinicians, and published results indicate that it is generally a safe and effective treatment for a multitude of diagnoses.

**PROCEDURE:**
Prior to the infusion you may be asked to empty your bladder. Lidocaine is given intravenously so you will have an IV started. We will closely monitor your vital signs including blood pressure, respiratory rate, oxygen saturation level, pulse, and ECG rhythm. The dose of Lidocaine to be infused is calculated based on your weight, and the frequency is based on your diagnosis and provider’s discretion. The actual infusion time depends on your dose and diagnosis, and can range from 1-3 hours.

**POSSIBLE SIDE EFFECTS:**
The most common side effects of Lidocaine are lightheadedness, nausea, ringing in ears, tingling, feeling hot or cold, and numbness. We closely monitor you while you are receiving the infusion and encourage you to notify us of any side effects as soon as you notice them. Possible side effects from the IV include infiltration, and bleeding or bruising around the IV site. It is also important to remember that, as a side effect, Lidocaine may not relieve your pain.

**DURING YOUR TREATMENT:**
While the infusion is running we encourage you to manage your own care. There are I-Pads, headphones, pillows, and blankets available, although you may prefer to bring your own headphones. Your nurse will assist you with standing and trips to the bathroom.
AFTER YOUR TREATMENT:
Each person responds differently to Lidocaine so it can be difficult to predict how you will feel after the infusion. Lidocaine can cause side effects that may impair your thinking or reactions. We advise you to refrain from driving, operating hazardous machinery, or engaging in strenuous activities for 24 hours following your infusion.

WHAT HAPPENS NEXT?
We will make you a follow up appointment after the completion of your treatment series, if you do not have one already scheduled. During this appointment, your provider will review the therapeutic effects of Lidocaine, and adjust your treatment plan accordingly.