E-Poster

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Improvement of Notalgia Paresthetica in Patients Treated With Interventional Techniques Associated With Topical Capsaicin

Topic: Injections (Joint, Spine, etc.)

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BACKGROUND

Notalgia paresthetica is a chronic sensory neuropathy that causes intense pain, sometimes accompanied by itching. This condition typically occurs on the left side at the supero-medial level of the scapula. The study's objective is to evaluate the response of patients with notalgia paresthetica to interventional treatments combined with topical capsaicin.

METHODS

The descriptive study included four patients diagnosed with notalgia paresthetica over the past year at a general hospital's rehabilitation department. Each patient had experienced pain lasting over six months and had previously undergone conservative treatments. Variables studied included age, sex, previous treatments, number of injected points, anesthetic doses, and pain levels measured by Visual Analog Scale (VAS) before and after treatment.

The treatment method involved marking 1 cm-separated points in the painful area and administering 0.5 cc of levobupivacaine (2.5 mg/ml) intramuscularly at each point. Additionally, patients applied 0.025% topical capsaicin every 6 hours to the affected area.

RESULTS

The study revealed a significant reduction in pain. The average pre-treatment VAS was 8.7, which decreased to 1.7 at discharge. The mean number of injection points reduced from 15.7 in the first session to 6.7 in the final session. Similarly, the mean anesthetic dose dropped from 8.5 ml in the initial session to 4.75 mL in the second session.

CONCLUSION

Repeated anesthetic infiltration combined with topical capsaicin treatment may serve as an alternative therapeutic approach for notalgia paresthetica.

Statement of Disclosures

None

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