

# Having a lidocaine infusion to help with pain management

## Pain Management

Information for Patients

Produced: July 2025

Review: July 2028

Leaflet number: 1644 Version: 2

### Introduction

Intravenous lidocaine therapy can help patients with conditions like neuropathic pain, diabetic neuropathy, wide spread pain due to fibromyalgia. It is generally safe and effective.

Lidocaine is a local anaesthetic. It is given through the vein (intravenously). It works by calming the nerves which reduces the pain.

### What are the benefits?

Intravenous lidocaine infusion helps to calm the nerves sending the pain signals. It reduces long-term (chronic) pain.

### What are the risks?

Intravenous lidocaine therapy has been used for many years. Serious side effects or complications are very rare. Some possible side effects from the lidocaine infusion are

- tingling and numbness around the mouth or nose
- light headedness
- feeling sick (nausea)

These side effects, if they occur, usually disappear quickly once the lidocaine infusion is decreased or stopped.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

Potential rare complications of lidocaine infusion may need you to stay in hospital. They include:

- very low blood pressure and fainting
- seizure
- breathing problems
- abnormal heart rhythm
- allergic reactions

Chances of serious harmful reactions or complications are very rare. We ask you to let us know if you have any history of allergies to lidocaine or any heart problems, abnormal heart trace (ECG) or seizure in the past.

## Important information before having the procedure

You must let us know if you

- are taking any blood thinning medicines (warfarin, clopidogrel, apixaban, dabigatran, prasugrel, dipyridamol) when you are due to have the injections in the clinic. This will affect how and when your procedure is done
- think you are pregnant
- have an infection at the site
- are diabetic.
- have **epilepsy or Parkinson's disease** (It is very important to keep on taking the medicines for these if you are on them)
- have a **pacemaker**

## Before the procedure

- This is a day case treatment
- Drink plenty of fluid the day before and on the day of your treatment. This can prevent drop in blood pressure.
- You can drink water up to 2 hours before the start of your procedure. You must not eat food for 6 hours before the procedure.
- Take your regularly prescribed medicines on the day of treatment unless told differently. If you are diabetic, your doctor would have advised you about the medicines.
- Arrange for someone to drive you home after the treatment. Do not drive for at least 24 hours.
- We will take your consent the day of the treatment.

## How is the procedure done?

- You will sit up on a trolley in the theatre recovery.
- We will insert a thin tube called a cannula into a vein in the back of your hand.
- During the procedure, we will check your vital signs:
  - blood pressure
  - oxygen level (by a small plastic clip in your finger)
  - pulse
  - heart rhythm using an ECG (electrocardiogram). This tests for problems with your heart rhythm
- The doctor will prepare the infusion. It will be given to you through the cannula. It will be a mix of salty water (saline) and lidocaine. We work out the dose of lidocaine based on your weight.
- The lidocaine infusion is given over about 60 minutes.
- The whole visit takes about up to 4 to 5 hours.

Please feel free to bring music/headphone or earplugs to help relax.

## After the procedure

- The nursing staff will check on you for 10 to 15 minutes before you go home. This is to make sure that you are fit enough to be safely discharged.
- We will remove the cannula. We will put a small dressing on the insertion site. This can be taken off later in the day at home.
- Please be careful when you first get off the trolley. Make sure you are steady on your feet.
- Take your regular medicine and pain killers as normal. You can reduce pain killers once you feel the benefits of the infusion. Do not stop medicines suddenly without talking to your doctor.
- Someone must drive you home. Please do not drive or operate heavy machinery for 24 hours after treatment.
- A letter will be sent to your GP with details of your procedure.

## What happens after I go home?

- Keep a pain diary. Score your pain every day and keep the diary for 1 month.  
0 = No pain  
10 = Worst pain
- The pain nurse will call you in 3 to 4 months time to ask how your pain has been. If the injection have helped, you may be offered a repeat injection.
- If the infusion does not help lower the pain, you may be booked back in to see the doctor in

the pain clinic or for a phone consultation. This is so that we can do a further assessment and talk about other pain management options.

- Having an infusion is one of the many choices for pain management. They are not cure for your pain.
- When you have less pain, use that time to do any physiotherapy exercises you may have been doing.
- Stay active. Use the self management tools you have for pain management

**Pain score before the infusion:    /10**

## Results of the treatment

Most people report improvement in their pain after the infusion. The results last at least up to 3 to 6 months.

You will be asked to record your pain level over days and weeks after the procedure.

## Pain diary

Day	Pain Score (1-10)	Day	Pain Score (1-10)
1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	



## Follow up

A clinical nurse specialist will phone you about 6 months after your steroid injection.  
If there is any more information you need, please ask your pain doctor or nurse.

## Contact details

Pain administrative team: 0116 258 4471 or 258 8253

Monday to Friday 9am to 4pm. There is an answerphone. We will call you back within 48 hours if you leave a message.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
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Previous reference:

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