

Information for Adult Patients who are Prescribed

# Lidocaine 5% Patch

For the Treatment of Pain



This information is not intended to replace your doctor's advice. We advise you to read the manufacturer's information for patients, which your pharmacist will supply with your medicine. Please keep all medicines away from children, vulnerable adults or pets.

### **Why have I been prescribed a lidocaine 5% Patch?**

You have been prescribed a lidocaine 5% patch for persistent pain. It is mainly used for relief of neuropathic (nerve) pain, especially in areas where it is particularly sensitive to touch.

Lidocaine 5% patches are licensed for the treatment of Post Herpetic Neuralgia but have also been found to be useful for other types of neuropathic pain.

### **How does a lidocaine 5% Patch work?**

Lidocaine is a local anaesthetic. Local anaesthetics work by stopping pain signals from reaching the brain.

### **When should I apply it?**

Please read the information leaflet supplied with your patch for more information.

- Apply the patch(es) once a day. It should be left on for a maximum of 12 hours.
- You can apply up to 3 patches to cover the affected area if it is large.
- The patch can be cut to size if using on a smaller area.
- If you forget to remove the patch after 12 hours, remove it as soon as you remember.
- You should not apply another patch for 12 hours after removing the last one.

### **How should I apply it?**

Again please read the information leaflet supplied with your patch for more information.

- Wash your hands before applying the patch.
- Cut any hairs in the affected area with scissors, but do not shave them.
- Apply the patch to skin that is dry, free from cuts, spots or other skin blemishes.

- Do not use on open wounds, injured skin, unhealed shingles blisters, eyes or mouth.
- Remove if any irritation or burning occurs, or if you develop a skin reaction to them (itching or rash).
- Avoid using external heat sources, such as heating pads or electric blankets

### How long will it take to work?

You may feel some pain relief on the first application, but it can take up to 2-4 weeks of using the patch(es) every day before you notice any pain relief. If they are not helping the pain after 4 weeks, you should stop using them.

### What are the possible side effects?

We advise you to read the information leaflet that will be included with your medication for more information.

<b>Very Common</b> May affect more than 1 in 10 people	<b>Uncommon</b> May affect up to 1 in 100 people	<b>Very Rare</b> May affect up to 1 in 10,000 people
Skin conditions around the site of application, such as: Redness Rash Itching Burning Small blisters Dermatitis	Skin injury Skin wound	Severe allergic reaction Open wound

If these side effects are severe or last for more than a few days, or if you experience any of the less common side effects or a reaction to this medication you should get advice from your GP, Community Pharmacist or **NHS 24 on 111**.

### Storing the patches

Store them in the original sachet and keep this closed. Throw away any unused patches in the sachet after 14 days.

## Removing the Patch

- After removing the patch, fold them in half (sticky side together) and throw them away.
- Keep out of reach of children or pets. A small child or a pet could suffer serious side effects from chewing or swallowing a new or used lidocaine 5% patch.
- Never reuse a patch.
- Wash your hands after removing the patch.

## Bathing, showering or swimming

If possible, avoid contact with water whilst wearing a lidocaine patch. You can bath, shower or swim at a time when you are not wearing the patch. If you have recently had a bath or shower, you should wait until your skin cools before applying the patch.

## What should I tell the doctor?

- If you are allergic to any medications
- If you are taking any other medicines or herbal remedies
- If you have severe liver disease
- If you have severe kidney disease
- If you have severe heart problems
- If you are taking medicine for an irregular heart beat.
- If you are pregnant or breast feeding, or if you are planning to become pregnant in the future

## Can I take this medication long-term?

Yes, if it helps. You may wish to go without the patches every so often, to check if your pain is still a problem. If this is something you would like to try then please discuss this with your GP or Pain specialist.

## Remember!

- **Don't run out of medicine**
- **Ask for a repeat prescription before your medicine is finished**
- **If you have any queries you can ask your pharmacist, GP, or NHS 24 (call 111 for free from landlines or mobiles)**

For more information about managing chronic pain see

[www.paindata.org](http://www.paindata.org)