

Shingles and postherpetic neuralgia

"There are effective treatments for PHN and shingles pain. It is important to see a pain specialist to find the best treatment program."

http://www.shingles.mgh.harvard.edu/phn_drugtherapy.htm

The pain associated with shingles and post herpetic neuralgia can be debilitating to the patient. Treatment should be administered as soon as possible to decrease the pain of shingles and prevent post herpetic neuralgia. The following is a guide for treatment options in treating the shingles patient.

1. Antiviral Medications – early treatment with antivirals can possibly lessen the course of shingles.
2. Steroids – early treatment with steroids can possibly decrease pain and intensity of the pain.
3. Nerve Blocks - can assist in pain relief with shingles and post herpetic neuralgia.
4. Opioid Medications – can provide good pain relief to the shingles patient.
5. Tricyclic Antidepressants – used as an early intervention to prevent the possibility of shingles progressing to post herpetic neuralgia.

Retrieved from http://www.stoppain.org/pain_medicine/content/chronicpain/shingles.asp

If you have any patients with acute shingles, please feel free to contact me personally. I will make every effort to see your patient as soon as possible, as I know how important it is to treat these patients quickly. Thank you.

Dr. Matthew Black – Pain Management/Anesthesiology

Addressing the need for patients with acute or chronic pain, cancer or neuropathic pain.

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