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Comparison between Lidocaine and Mepivacaine efficacy in the management of myofascial pain

Objectives: Many treatment modalities of myofascial pain exist; recent literature findings suggest the superiority of use of local anesthetics as a treatment of choice. The objective of this study is to compare the effectiveness of two of the most used local anesthetic agents: Lidocaine and Mepivacaine in the management of myofascial pain.

Materials & Methods: A total of 30 patients, 20 females and 10 males, were assigned randomly. 50% of patients received Lidocaine and 50% received Mepivacaine. Trigger points injection in the orofacial region were given 4 time, 10 days between each injection and 4 weeks follow up after the end of the treatment course. Pain levels were recorded on visual analogue scale at the time of follow-ups and half an hour after injection.

Results: All groups, total of 30 patients, 20 females and 10 males (N=30), showed statistically significant improvements when comparing the pre and post treatment means. Both types of local anesthetics, Lidocaine and Mepivacaine, were equally effective for the management of myofascial pain, ($p=0.875$). Mepivacaine treated group showed significantly less post injection tenderness compared to Lidocaine ($p=0.038$). There was no relation between gender and treatment response. Both female and male patients reported similar response VAS scores ($p=0.818$).

Conclusion: No drug was superior to the other on the long term, thus the clinician choice is determined by drug availability and patient medical history.

Biography

Recently working under King Saud Bin Abdulaziz University for Health Sciences, KSA.

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