



**Indication**

LIDODERM® (lidocaine patch 5%) is used to relieve the pain of post-herpetic neuralgia, also referred to as after-shingles pain. Apply only to intact skin with no blisters.

Your Pain Assessment Tool & Checklist (PATCH) from LIDODERM.com

**Talking to Your Healthcare Professional**

No one knows how your pain feels better than you. So it's important to let your healthcare professional know what it feels like and how much it's bothering you. Your healthcare professional knows what various treatments can do, and together you can figure out if LIDODERM® (lidocaine patch 5%) is right for you. Here are some tips for talking about your pain with your healthcare professional:

- If you are interested in LIDODERM, ask your healthcare professional if it's right for you
- If you are worried about drowsiness or side effects associated with pain relievers, tell your healthcare professional about your concerns
- If you have to take medicine for other conditions, tell your healthcare professional about all of your medications, especially those for an irregular heartbeat, and ask about possible drug interactions. LIDODERM can be taken in combination with other pain relievers, and the risk of drug interactions is low
- If you are currently taking pain medicines for after-shingles pain but not getting enough relief, tell your healthcare professional

**Your Appointment Details**

Write in the details of your appointment to discuss your after-shingles pain with your healthcare professional.

Healthcare Professional's Name: \_\_\_\_\_

Healthcare Professional's Address: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

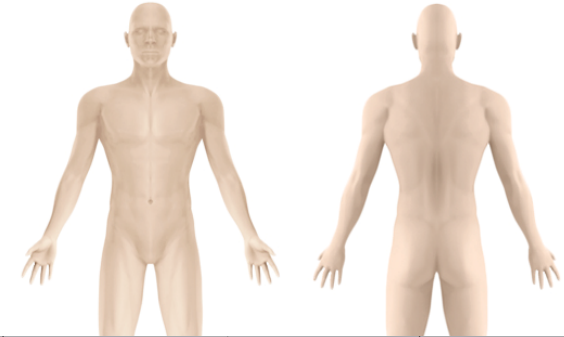
**Important Safety Information**

You should not use this product if you are sensitive to local anesthetics such as lidocaine, or to any of the other ingredients in LIDODERM.

Even a *used* LIDODERM patch contains a large amount of lidocaine. A small child or a pet could suffer serious adverse effects from chewing or swallowing a new or used LIDODERM patch. **Store and dispose of patches out of the reach of children, pets, and others.** Never reuse a patch. *Continues next page....*

**Your After-Shingles Pain Checklist**

Everyone's pain is different, but there are some common descriptions for after-shingles pain. Your healthcare professional needs a complete picture of your pain to create the best treatment plan for you. Below are the answers you provided to describe your after-shingles pain. Take this list with you to your next appointment.



	Front Left					Front Right					Back Left					Back Right											
	Face	Chest	Torso	Leg	Upper Arm	Lower Arm	Hand	Face	Chest	Torso	Leg	Upper Arm	Lower Arm	Hand	Upper Back	Lower Back	Leg	Upper Arm	Lower Arm	Hand	Upper Back	Lower Back	Leg	Upper Arm	Lower Arm	Hand	
Hot																											
Cold																											
Hypersensitive																											
Sharp																											
Dull																											
Deep																											
Surface																											
Unpleasant Sensation																											
Itchy																											
Intense																											

Other comments to note:

What makes it worse?

How long does your pain usually last?

Is there anything that makes it better?



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**Your After-Shingles Pain Management Calendar**

Because there is no cure for after-shingles pain, you may have pain that needs to be managed. Use this diary to track the days that you feel pain and to rate that pain. Use the pain scale and alphabetic legend to describe your pain through the diary. For example, if you are experiencing moderate pain, then 5 is the number you want to enter. If the best way to describe your pain is as sharp, then you want to enter “Sp” as well. Make daily entries and bring the diary to your next appointment with your healthcare professional. This will provide you and your healthcare professional a written record of how your pain feels over time.

**Pain Scale**



**Alphabetic Legend for After-Shingles Pain**

- |                   |                     |                                |                              |
|-------------------|---------------------|--------------------------------|------------------------------|
| <b>H</b> Hot      | <b>Sp</b> Sharp     | <b>DP</b> Deep Pain            | <b>St</b> Stabbing           |
| <b>C</b> Cold     | <b>D</b> Dull       | <b>US</b> Unpleasant Sensation | <b>Sh</b> Shooting           |
| <b>I</b> Itchy    | <b>Sn</b> Sensitive | <b>S</b> Surface               | <b>O</b> Other Types of Pain |
| <b>In</b> Intense |                     |                                |                              |

DATE	TIME	RATE PAIN (0-10, see pain chart)	DESCRIBE PAIN (use legend)	NOTES

**Important Safety Information Continued**

LIDODERM patches should be worn for no more than 12 hours a day. Applying the patches for a longer time or using more than 3 patches could cause serious reactions. Fold used patches so that the adhesive side sticks to itself, and safely discard used patches or pieces of cut patches where children and pets cannot get to them. Avoid the use of external heat sources, such as heating pads or electric blankets, as this has not been studied. Avoid contact of LIDODERM with the eye. If contact occurs, immediately wash the eye with water or saline and protect it until sensation returns. Be sure to tell your healthcare professional if you have liver disease, are pregnant or nursing, or are taking medication for irregular heartbeat. For such people, LIDODERM should be used with caution.

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Your After-Shingles Pain Management Calendar

Use the chart below to keep a record of your pain.  
Make copies of blank pages to ensure you have extra charts.

**Pain Scale**



**Alphabetic Legend for After-Shingles Pain**

<b>H</b> Hot	<b>Sp</b> Sharp	<b>DP</b> Deep Pain	<b>St</b> Stabbing
<b>C</b> Cold	<b>D</b> Dull	<b>US</b> Unpleasant Sensation	<b>Sh</b> Shooting
<b>I</b> Itchy	<b>Sn</b> Sensitive	<b>S</b> Surface	<b>O</b> Other Types of Pain
<b>In</b> Intense			

DATE	TIME	RATE PAIN (0-10, see pain chart)	DESCRIBE PAIN (use legend)	NOTES

**Important Safety Information Continued**

Allergic reactions, though rare, can occur.

During or immediately after using LIDODERM, the skin around the patch may develop a change in color, colored spots, irritation, itching, flaking of the skin, rash, bruising, swelling, pimple-like raised skin, a cyst containing fluid, pain, burning, or abnormal sensation. These reactions are generally mild and go away on their own within a few minutes to hours. Other reactions may include dizziness, headache, and nausea. Tell your healthcare professional if you experience any of these symptoms while using LIDODERM.

Only your healthcare professional can determine if LIDODERM is right for you. Always follow your healthcare professional's instructions when using LIDODERM.

Please see the LIDODERM important product information and discuss it with your healthcare provider.