

Intranasal Lidocaine to Block the Sphenopalatine Ganglion in Refractory Chronic Migraines: A Case Report

Marlon Bazan

Faculty: LaDonna Hale

Department of Physician Assistant, College of Health Professions

Intranasal lidocaine to treat chronic migraines may be a viable option after first and second line treatments are exhausted. It is thought to work by blocking the sphenopalatine ganglion. Although data from randomized placebo-controlled trials are inconsistent, intranasal lidocaine is rapid, safe, and easily implemented in an outpatient setting. This is a case report of a 58-year-old female who initially presented with migraines and associated phonophobia and photophobia who failed multiple treatment options including topiramate, propranolol, ketorolac, promethazine, nortriptyline, botulinum toxin injections, daith piercing, lamotrigine, and narcotics. She responded favorably to lidocaine 4% intra-nasally. She continued receiving this treatment for more than 12 months before it ultimately diminished in efficacy.