

## **[2003 Fall A12] Management of chronic testicular pain with superior hypogastric plexus block**

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**Rationale:** The treatment of patients with chronic testicular pain, defined as intermittent or constant testicular pain of greater than six months and of unclear etiology, is difficult. The pain interferes with activities of daily living, interrupts sleep, leads to changes in behavior and personality, distorts relationships, and weakens motivation.

Superior Hypogastric plexus block has been used in the treatment of multiple pelvic and perineal painful conditions. Thus, we evaluated the use of superior hypogastric plexus block in the treatment of chronic testicular pain.

**Methods:** We report a series of 14 patients with chronic testicular pain. Symptoms ranged from 1 – 4 years in duration. After failing multiple forms of therapy, following preliminary local anesthetic blockade, a neurolytic block was performed with 7 ml of 6% phenol. Patients were followed a minimum of six months. For each patient, pain, general activity, mood, and sleep quality were assessed on an 11-point Likert scale. Evaluations were performed baseline, 2 weeks, 2 months, 4 months, and 6 months.

**Results:** In this series, pain relief was reported as a percentage reduction from baseline. 9 patients reported 75% - 100%, 3 patients reported 50%, 2 patients reported minimal relief. 12 patients reported significant improvement in general activity, mood, and sleep quality. The 2 patients with minimal pain relief, did not consent to repeat block, and were treated with opioids. No major adverse events were encountered.

**Conclusion:** These observations suggest that neurolytic superior Hypogastric plexus block is safe and efficacious in the treatment of chronic testicular pain. However, larger series are recommended

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