



## TREATMENT OF SEVERE PAIN FLARES IN ADHESIVE ARACHNOIDITIS (AA)

This bulletin was prompted by a recent letter complementing the emergency department of the Mayo Clinic-Phoenix for an effective treatment of a severe AA flare. Flares can range from mild to severe and last from a day to several weeks. Flares are believed to usually be caused by an increase in inflammation in the arachnoid membrane and cauda equina nerve roots. We believe, however, that some flares are related to a bioelectric dysfunction that produces severe pain.

**The Standard Three:** These 3 “rescue” agents have long been our standard recommendation for severe flares. Dosages are given for injectable administration:

1. Methylprednisolone 10 to 30 mg
2. Ketorolac 15 to 60 mg
3. Hydromorphone 2 to 5 mg

**At Home Supplies:** All persons with AA need to have at home supplies to deal with flares. Suggested is a 6-day Medrol Dose Pak and one or more of the 3 key flare injections mentioned above.

**The Mayo Clinic Emergency Treatment:** Attached here is “verbatim” the emergency treatment recently given that is mentioned above. Ketamine was added to the usual 3 medications recommended for severe pain flares. Our compliments to the Mayo Clinic.

This treatment, by Mayo, was given to a person with AA who had a severe flare and who received significant relief

### TABLE

#### MAYO CLINIC EMERGENCY DEPARTMENT

Hydromorphone injection 0.5 mg  
Ketamine injection 18 mg  
Ketorolac injection 15 mg  
Methylprednisolone injection 15 mg

**Intravenous Methylprednisolone:** An alternative for severe flares to the standard injectable agents noted above is intravenous methylprednisolone. Dosage is 100 to 500 mg aa day for 3 to 5 consecutive days. Almost all communities have a medical organization that specializes in intravenous therapy. Primary medical practitioners can readily refer someone to this service.

**Mild to Moderate Flares:** A 6-day Medrol Dose Pak is our first recommendation for a mild to moderate flares. Any one of the 3 standard “rescue” drugs listed above can be independently used as an alternative to the 6-day Medrol Dose Pak.