

Pudendal Nerve Stimulator Grants Long-Term Relief from Urethral Discomfort



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INTRODUCTION

- Chronic pelvic pain (CPP) has a high global prevalence and financial cost to healthcare.^{1,2}
- Pudendal neuralgia is implicated in many cases of CPP.³
- Current literature on pudendal peripheral nerve stimulators primarily addresses urologic complaints, with little on their efficacy addressing CPP.

PATIENT PRESENTATION

- PMHx:
 - 36yoF w/hx retroperitoneal liposarcoma s/p surgical resection. Had recurrence three years later now s/p ex-lap and radiation therapy.
- HPI:
 - Outpatient clinic w/ 7/10 low back pain, urethral pain, and left anterior thigh pain persisting for several years despite multidisciplinary treatment
 - Moderate relief w/ Oxycodone 15mg Q6H, Morphine 30mg BID, Amitriptyline 75mg QHS
- DDX:
 - Pelvic floor hypertonicity leading to pudendal neuralgia

Placement of chronic pudendal nerve stimulator resulted in > 6 months of sustained relief from CPP and facilitated weaning of daily opiates.



Figure 1.

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INTERVENTION AND RESULTS

- Interventions:
 - Trial L fluoroscopic pudendal nerve block w/ 90% improvement in leg pain, 100% in urethral pain lasting 8 months.
 - Confirmatory pudendal nerve block (Figure 1) w/ 100% relief.
 - Pudendal PNS (300 micron MicroLead 2.0 by SPRINT PNS) fluoroscopic implantation
- Results:
 - >75% pain improvement, continues to this day
 - Eliminated morphine from pain regimen.
 - PNS removed 2 months later given symptom resolution

DISCUSSION

- Pudendal Nerve Block Literature Review:
 - Has utility in pudendal neuralgia diagnosis and treatment.⁴
 - Associated w/ reduced opioid needs and fewer episodes of unacceptable pain.⁵
 - Risk of waning efficacy, only 25% of patients w/ relief after 6 months.⁶
- Pudendal PNS Literature Review:
 - No robust literature on pudendal PNS implantation for CPP.
 - Limited study of PNS implantation for pudendal neuralgia w/ 5 of 13 patients reporting >50% improvement.⁷
- Our Case: Pudendal nerve block and PNS insertion enabled relief and opiate wean.