



INFECTIOUS DISEASES (BACTERIAL, FUNGAL, VIRAL, PARASITIC, INFESTATIONS)

POST HERPETIC NEURALGIA IN AN ELDERLY PERSON

I Traoré⁽¹⁾

Gamal Abdel Nasser University Of Conakry, Gamal Abdel Nasser University Of Conakry, Conakry, Guinea⁽¹⁾

Abstract : Post-herpetic neuralgia is a major morbidity and is characterized by constant, severe, throbbing or burning pains that can persist for months or years, especially in the elderly. In the elderly and undernourished, the local rash often becomes necrosis, and the healing, which can take several weeks, can be followed by severe scarring.

Methodology : A 90-year-old woman consulted for persistent right hemiface pain in the periorbital area and has been evolving since then. The interrogation learned that during the first two weeks of evolution, the pains were accompanied by clustered vesicles and crusts with an erythematous base on the right side of the forehead and nose. The dermatological examination revealed a hypo-pigmented dermato-mimetic scar (V1) on the patient's right forehead.

Results : The dermatological history reveals post-herpetic neuralgia. Ophthalmological examination revealed no ocular involvement. For pain management, we prescribed amitriptyline at a dose of 75 mg daily for 10 days. For the prevention of ocular involvement, acyclovir and topical mydriatics were administered. The patient was reviewed 7 days later, and the evolution was very favorable because all these complaints had completely disappeared. We advised him to continue the treatment. After 10 days of treatment, the dose of amitriptyline was reduced to 25 mg daily for a period of 4 months.

Conclusion : It is a post-herpetic neuralgia. A tricyclic antidepressant such as amitriptyline or Nortriptyline or doxepin or Clomipramine is useful for hyperesthesia and constant incandescent pain. For best results, administration should be early with 25 mg daily for 3 to 6 months. Due to the delay in this management, a dose of 75 mg daily of Amitriptyline was recommended. It should be noted that these active antidepressants may be more effective if antiviral therapy is administered during the acute onset of herpes zoster. For throbbing pain, carbamazepine is valuable.

