

Topical Patch For Non-Surgical Treatment Of The Cervical Herniated Disc

Frequently people ask me whether they can use a patch to treat the pain from a cervical herniated disc. The first thing you have to know is that there are different types of patches containing different types of medications. A patch is usually a piece of fabric about this big, and on one side, it is just the fabric, on the other side, there is a sticky surface and in that mixture is the medicine. Now, there are three types of medicine that are used in these patches. One is nothing more than a heat substance to create warmth and heat that people use on their neck or their arms. The second is an anti-inflammatory, which has an anti-inflammatory medicine in there, and the third is a narcotic medication which is used. So, certainly the first two, the one for heat and the one for anti-inflammatory are very safe and can be effective. The third is a narcotic, which has to be used with extreme caution and will be only prescribed by a physician who is trained in pain management. So _____ a patch as far as treating the cervical herniated disc, I think that heat is fine, anti-inflammatory is fine, I do not know if it is going to make a tremendous difference for you. I do not really find that with a true cervical herniated disc the patches are that effective and very few patients actually use them. If you have extreme pain and you cannot control it with oral medications and the pain has been going on for quite some time, you may be able to get a narcotic patch, but that will be only from a pain management specialist and that has to be used with extreme caution and always under the supervision of a physician.

So the bottom line with patches is, it is not a first-line approach to treating cervical herniated disc, it is rarely used and I do not find them to be too effective with the cervical herniated discs.

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