

Serial Spermatic Cord Injections with Triamcinolone for Chronic Testicular Pain

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Introduction

- Microsurgical denervation of spermatic cord (MDSC) is a successful treatment for chronic testicular pain (CTP).
- Triamcinolone may be useful as a conservative, non-surgical alternative for CTP.
- We evaluated serial spermatic cord injections (SCI) in patients who wish to avoid surgical interventions for CTP.

Methods

- Retrospective review of all patients completing a trial of SCI from 7/2017 to 6/2019.
- Exclusion criteria: patients actively receiving therapy
- SCI trial is performed with combination of lidocaine, bupivacaine and triamcinolone.
- Repeat injection was offered for pain improvement >24 hours.
- Pre- and post-treatment visual analog (VAS) pain ratings were obtained.
- Wilcox and rank-sum tests used for statistical analysis.

	Failure (n=12)	Success (n=9)	P-value
Duration of Pain (Months), Mean (SD)	26 (35)	35 (39)	0.5
Pre-Treatment VAS Pain Rating, Mean (SD)	6.9 (1.9)	7.0 (2.2)	0.7

Table 1. Patients experiencing successful vs. unsuccessful treatments.

Results

- 21 patients underwent serial SCI.
- 9 patients experienced dramatic pain reduction with average VAS pain score improving from 7 to 0.6 (p<0.05).
- 5 patients experienced complete pain relief.
- No differences were noted in pain duration and pre-treatment VAS pain score between patients who had successful treatment and those who did not.
- No SCI-related complications were observed.

Patient	Pre-Treatment VAS Pain Rating	Post-Treatment VAS Pain Rating	Patient	Pre-Treatment VAS Pain Rating	Post-Treatment VAS Pain Rating
1	6	6	11	6	6
2	5	4	12	6	1
3	3	0	13	4	4
4	6	6	14	7	7
5	6	6	15	4	0
6	9	0	16	8	2
7	9	9	17	7	7
8	5	5	18	10	10
9	9	0	19	9	2
10	10	10	20	9	0
			21	6	0

Table 2. Pre vs. Post-Treatment VAS Pain Ratings for All Patients, patients experiencing success are highlighted in yellow.

1 Year Follow-Up

- 6 patients reported continued pain relief.
- 1 patient passed away from prostate cancer
- 2 patients were lost to follow up.
- Out of the remaining 12 patients, 7 pursued MDSC and experienced >50% reduction in VAS pain scores postoperatively.

Conclusion

Serial SCI with local anesthetics and triamcinolone can result in long-term, sustained pain improvement in men with chronic testicular pain.