

### *Information for patient*

#### Medical treatment for epidural fibrosis post-surgery with association of pentoxifylline-tocopherol-clodronate (PENTOCLO)

Mrs, Miss, Mr,

During monitoring after lumbar surgery for herniated disc, an excessive scar called fibrosis may appear in the surgery area. It can be silent or painful with lumbar sciatica, without hernial recurrence. There is no established treatment, except analgesics / anti-inflammatory drugs for symptomatic purposes.

A medical treatment PENTOCO developed at Saint Louis Hospital (Paris – France) by me has been shown to be effective in reducing fibrosis after radiotherapy and has shown real interest in reducing post-surgery fibrosis in relation to your pain.

- (a) initial evaluation of the pain during the consultation + lumbar MRI;
- (b) taking PENTOCLO for a minimum of 6 months: tocopherol (TOCO 500) 2 tablets per day + pentoxifylline (LP 400) 2 tablets per day + clodronate (CLASTOBAN 800) 2 tablets per day in the morning (2 hours away from dairy products) 5 days per week, alternate with PIROXICAM or CELECOXIB 1 tablet per day 2 days per week.
- (c) repeat the evaluation every 6 months for 2-3 years. New lumbar MRI at 18 months with injection of gadolinium.

Tolerance - These drugs are known to be free from unwanted side effects at the doses used. PENTOXIFYLLINE 400 can sometimes cause at the start of treatment, a feeling of dizziness / headache : the dosage should then be reduced to 1 tablet per day, or even 1 tablet every other day, for 2 weeks, then an adjustment occurs and the dose can be readjusted ; and stomach pain requiring gastric protection.

CLASTOBAN 800 (2 tablets) can induce nausea / diarrhea then requiring a reduction to 1 tablet per day, or even 1/2 per day.

Efficacy - An onset of improvement in lumbosciatic pain may be observed after 3 weeks, but may only occur after 6 months. A transient re-aggravation is possible after improvement (non-linear) and may require the punctual resumption of anti-inflammatory.

These drugs have been known and used for over 20 years, but none are currently sold for this indication.

Dr Sylvie DELANIAN – MARS 2014  
(traduction by Isabelle Marchand-Maillet)