



Facial Pain

Nura offers several treatment options to help manage your facial pain effectively. Whatever the cause, we are committed to helping you get maximum relief.

We understand your pain

Chronic facial pain is one of the more challenging conditions we treat. Most people that come to Nura with facial pain have already been evaluated by a neurologist, ENT doctor, dentist, and/or other medical specialty provider but still cannot find relief.

You can depend on our team at Nura to identify the nature of your facial pain discomfort and develop a multidisciplinary treatment plan that is tailored to your needs.



WHAT IS FACIAL PAIN?

Facial pain refers to any chronic discomfort or disabling pain that is experienced in the face. It can vary in intensity, location, and duration and can be caused by a wide range of factors and conditions. Facial pain is often described as sharp, throbbing, burning, or aching and may be constant or intermittent.

WHAT CAUSES FACIAL PAIN?

Although an injury or the aftermath of an infection most commonly causes facial pain, it may also be the result of a serious medical condition.

COMMON CAUSES OF FACIAL PAIN



Dental and oral conditions

Trigeminal neuralgia

Temporomandibular Joint (TMJ) disorder

Cluster headaches and migraines

Facial neuralgia

Atypical facial pain

WHAT CONDITIONS DO WE TREAT?

TRIGEMINAL NEURALGIA

Characterized by sudden, sharp, and electric shock-like facial pain along one or more areas of the trigeminal nerve. The pain typically lasts a few seconds to a couple of minutes and can be triggered by everyday activities such as speaking, eating, or even gentle touch. Trigeminal neuralgia affects one side of the face and is often described as one of the most severe forms of facial pain.

ATYPICAL FACIAL PAIN

Similar to trigeminal neuralgia but the pain is more continuous and constant. Both conditions involve dysfunction of the trigeminal ganglion which supplies sensation to the face. Atypical facial pain is often described as a persistent, dull, or burning sensation affecting different areas of the face and can be accompanied by other symptoms such as tenderness, tingling, or numbness.

INTRACTABLE FRONTAL HEADACHE

A persistent and severe headache located in the front region of the head that is difficult to manage, even with various medical treatments. These types of headaches can significantly impact your quality of life and daily functioning. Intractable frontal headaches can be caused by various underlying factors, including primary headaches, head trauma, the aftermath of an infection, or complex neurological issues.



HOW CAN NURA HELP?

The treatment of facial pain depends on identifying the underlying cause and may vary from person to person. At Nura, our team of experts will work to accurately diagnose your facial pain and develop a personalized treatment plan for your specific condition.

OUR COMPREHENSIVE APPROACH TO PAIN MANAGEMENT

MEDICATION MANAGEMENT

Various medications may be recommended depending on the cause and severity of your pain. These can include over-the-counter pain relievers for mild pain (e.g., aspirin or ibuprofen), prescription-strength medications for more severe pain (e.g., opioids), or medications specifically targeting nerve pain (e.g., gabapentin, pregabalin or carbamazepine).

IMPLANTABLE PAIN CONTROL SYSTEMS

In severe or persistent cases where conservative treatments have been unsuccessful, targeted drug delivery with a pain pump may be considered a last resort. This implantable pain control option may serve as an alternative to higher doses of pain medications.



PHYSICAL THERAPY

Physical therapy techniques like jaw exercises, heat or cold therapy, or transcutaneous electrical nerve stimulation (TENS) can help relieve facial muscle tension and improve jaw function. One of our trained physical therapists will guide you through appropriate exercises and therapies tailored to your condition.

BEHAVIORAL HEALTH

Chronic facial pain can significantly impact an individual's mental well-being. Our licensed psychologists use tools like relaxation training, biofeedback, and counseling to help alleviate the emotional stressors that affect people with chronic facial pain.

INTERVENTIONAL PROCEDURES

Our team will typically start by recommending a neural blockade – a simple and safe procedure in which a steroid and local anesthetic are injected near and around the trigeminal ganglion. If the nerve block relieves pain short-term but does not last, we will consider radiofrequency ablation of the trigeminal ganglion using IV sedation or general anesthesia at our clinic.

*Improving the lives of people living
with the most complex chronic pain
through exceptional care.*

To schedule an appointment with
one of our pain management
experts, please call 763-537-6000.

763-537-6000

nuraclinics.com

Edina Clinic

7400 France Avenue South
Edina, MN 55435

Edina Pump Services Division

7390 France Avenue South
Edina, MN 55435

Coon Rapids Clinic

2104 Northdale Boulevard NW, Suite 220
Minneapolis, MN 55433

©2024 Nura PA. All rights reserved.

