Oscar Clinical Guideline: Lidocaine Topical System (PG124, Ver. 5)

Lidocaine Topical System

- Lidoderm (lidocaine) 5% Transdermal Patch
- Bondlido (lidocaine 10% topical system)

Summary

Lidocaine topical systems, including Lidoderm (Lidocaine 5% Transdermal Patch) and Bondlido (lidocaine 10% topical system) are FDA-approved for relief of pain associated with post-herpetic neuralgia. The main ingredient in the medication is lidocaine, a local anesthetic, which causes a loss of feeling in the

area around where the patch is applied. Lidocaine, when applied topically, can help manage pain, including nerve pain.

Definitions

"Chemotherapy" is a treatment where drugs are used to kill cancer cells.

"Neuropathic Pain" is pain in your body that is caused by an injury or disease to your central nervous system.

"Post-herpetic Neuralgia" is a very bad pain that develops after a shingles infection (a condition where the body has painful rash on an area, typically the face or body torso).

"[s]" indicates state mandates may apply.

Clinical Indications

Medical Necessity Criteria for Initial Clinical Review

Initial Indication-Specific Criteria

lidocaine (Lidoderm) 5% Transdermal Patch

The Plan considers lLidocaine (Lidoderm) 5% Transdermal Patch medically necessary when the member has ONE of the following diagnoses:

1. The member is experiencing pain associated with postherpetic neuralgia*; OR*
2. The member is experiencing neuropathic pain (e.g., painful diabetic neuropathy, neuropathy associated with radiation treatment or chemotherapy).

If the above prior authorization criteria are met, lidocaine (Lidoderm) 5% Transdermal Patch will be approved for up to 12 months.[s]

Bondlido (lidocaine 10%) Topical System

The Plan considers Bondlido (lidocaine 10%) transdermal system medically necessary when the member meets ALL of the following:

1. The member is experiencing pain associated with postherpetic neuralgia*; AND*
2. The member is unable to use, or has tried and failed lidocaine 5% transdermal patch.[s]

If the above prior authorization criteria are met, Bondlido (lidocaine) 10% topical system will be approved for up to 12 months.[s]

Experimental or Investigational / Not Medically Necessary[s]

Lidocaine topical systems (Lidocaine (Lidoderm) 5% Transdermal Patch or Bondlido [lidocaine] 10% topical system] for any other indication is considered not medically necessary by the Plan, as it is deemed to be experimental, investigational, or unproven.

References

1. Argoff CE, Galer BS, Jensen MP, Oleka N, Gammaitoni AR. Effectiveness of the lidocaine patch 5% on pain qualities in three chronic pain states: assessment with the Neuropathic Pain Scale. Curr Med Res Opin. 2004;20 Suppl 2:S21-8. doi: 10.1185/030079904X12960.
2. Bai Y, Miller T, Tan M, Law LS, Gan TJ. Lidocaine patch for acute pain management: a meta-analysis of prospective controlled trials. Curr Med Res Opin. 2015 Mar;31(3):575-81. doi: 10.1185/03007995.2014.973484. Epub 2015 Jan 28.
3. Bondlido (lidocaine topical system) [prescribing information]. Irvine, CA: MEDRx USA, Inc. September 2025.
4. Cheng, Y. J. (2016). Lidocaine skin patch (Lidopat® 5%) is effective in the treatment of traumatic rib fractures: a prospective double-blinded and vehicle-controlled study. Medical Principles and Practice, 25(1), 36-39.
5. Derry S, Wiffen PJ, Moore RA, Quinlan J. Topical lidocaine for neuropathic pain in adults. Cochrane Database Syst Rev 2014; :CD010958.
6. Derry, S., Wiffen, P. J., Moore, R. A., & Quinlan, J. (2014). Topical lidocaine for neuropathic pain in adults. Cochrane database of systematic reviews, (7).
7. Dowell D, Ragan KR, Jones CM, Baldwin GT, Chou R. CDC Clinical Practice Guideline for Prescribing Opioids for Pain — United States, 2022. MMWR Recomm Rep 2022;71(No. RR-3):1–95. DOI: http://dx.doi.org/10.15585/mmwr.rr7103a1
8. Dworkin RH, O'Connor AB, Audette J, et al. Recommendations for the pharmacological management of neuropathic pain: an overview and literature update. Mayo Clin Proc 2010; 85:S3.
9. Felemban A, Allan S, Youssef E, Verma R, Zehtabchi S. Lidocaine patch for treatment of acute localized pain in the emergency department: a systematic review and meta-analysis. Eur J Emerg Med. 2024 Dec 1;31(6):413-422. doi: 10.1097/MEJ.0000000000001158. Epub 2024 Jul 10.
10. Fishbain DA, Lewis JE, Cole B, et al. Lidocaine 5% patch: an open-label naturalistic chronic pain treatment trial and prediction of response. Pain Med. 2006 Mar-Apr;7(2):135-42. doi: 10.1111/j.1526-4637.2006.00108.x.
11. Fleming, J. A., & O'Connor, B. D. (2009). Use of lidocaine patches for neuropathic pain in a comprehensive cancer centre. Pain Research and Management, 14(5), 381-388.
12. Garzón-Rodríguez C, Casals Merchan M, Calsina-Berna A, et al. Lidocaine 5 % patches as an effective short-term co-analgesic in cancer pain. Preliminary results. Support Care Cancer 2013; 21:3153.
13. Gilron I, Baron R, Jensen T. Neuropathic pain: principles of diagnosis and treatment. Mayo Clin Proc 2015; 90:532.

14. Gudin, J., Argoff, C., Fudin, J., Greuber, E., Vought, K., Patel, K., & Nalamachu, S. (2020). A randomized, open-label, bioequivalence study of lidocaine topical system 1.8% and lidocaine patch 5% in healthy subjects. Journal of Pain Research, 13, 1485.
15. Gudin, J., Webster, L. R., Greuber, E., Vought, K., Patel, K., & Kuritzky, L. (2021). Open-label adhesion performance studies of a new lidocaine topical system 1.8% versus lidocaine patches 5% and lidocaine medicated plaster 5% in healthy subjects. Journal of Pain Research, 14, 513.
16. Hussain, N., Said, A. S., Javaid, F. A., Al Haddad, A. H. I., Anwar, M., Khan, Z., & Abu-Mellal, A. (2021). The efficacy and safety profile of capsaicin 8% patch versus 5% Lidocaine patch in patients with diabetic peripheral neuropathic pain: a randomized, placebo-controlled study of south Asian male patients. Journal of Diabetes & Metabolic Disorders, 20(1), 271-278.
17. Jensen MP, Dworkin RH, Gammaitoni AR, et al. Assessment of pain quality in chronic neuropathic and nociceptive pain clinical trials with the Neuropathic Pain Scale. J Pain. 2005 Feb;6(2):98-106. doi: 10.1016/j.jpain.2004.11.002. Erratum in: J Pain. 2005 Sep;6(9):637.
18. Levenson S, Resnick B, Cryst S, Ferrini R, Hogikyan R, Ignacio R, Lester PE, Nalls V, Okoroti F, Overstreet NK. Pain Management in the Post-acute and Long-Term Care Setting: A Clinical Practice Guideline (CPG) from the Society for Post-acute and Long-Term Care Medicine (AMDA). J Am Med Dir Assoc. 2021 Dec;22(12):2407. doi: 10.1016/j.jamda.2021.10.008. PMID: 34823854.
19. Lidoderm (lidocaine patch 5%) [prescribing information]. Malvern, PA: Endo Pharmaceuticals; November 2018.
20. Ma, K., Jiang, W., Wang, Y. X., Wang, L., Lv, Y., Liu, J. F., ... & Liu, Y. Q. (2021). Expert consensus of the Chinese Association for the Study of Pain on pain treatment with the transdermal patch. World journal of clinical cases, 9(9), 2110.
21. Neurology, "Evidence-Based Guideline: Treatment of Painful Diabetic Neuropathy," April 2011
22. North American Spine Society (NASS). Diagnosis and treatment of low back pain. Burr Ridge (IL): North American Spine Society (NASS); 2020. 215p.
23. Voute, M., Morel, V., & Pickering, G. (2021). Topical Lidocaine for Chronic Pain Treatment. Drug Design, Development and Therapy, 15, 4091.
24. Yang, X. D., Fang, P. F., Xiang, D. X., & Yang, Y. Y. (2019). Topical treatments for diabetic neuropathic pain. Experimental and therapeutic medicine, 17(3), 1963-1976.
25. ZTlido (lidocaine) [prescribing information]. Palo Alto, CA: Scilex Pharmaceuticals Inc; April 2021.

Appendix A

Lidocaine 5% Transdermal Patch for non-specified indications

There is potential for the Lidocaine 5% Transdermal Patch to relieve symptoms in off-label conditions such as low back pain and osteoarthritis. However, these applications are not officially approved. Despite suggestive preliminary findings and anecdotal clinical evidence, we need more robust data to endorse widespread use for these conditions. In an open-label study of lidocaine 5% transdermal patch, researchers found among consecutive pain participants, those who did not perceive a clinical

improvement in pain were more likely to experience low back pain at baseline. However, studies are mixed and have shown benefit in those with chronic low back pain and osteoarthritis.

In the context of low back pain and osteoarthritis, the Lidocaine 5% Transdermal Patch has been utilized as additional or alternative therapy when conventional treatments have proven ineffective or have not been tolerated. Yet, the evidence for its efficacy in these scenarios remains sparse and is primarily based on small-scale studies or individual case reports.

In two meta-analyses assessing the role of lidocaine 5% transdermal patch in acute pain and emergency department settings, they found no statistically significant benefit of lidocaine over other conventional therapy such as non-steroidal anti-inflammatory drugs (NSAIDs).

It's important to consider that these conditions encompass a variety of underlying causes and patients often have diverse responses to treatments. Therefore, robust and consistent evidence is needed before changing standard treatment protocols. To conclusively establish the effectiveness of the Lidocaine 5% Transdermal Patch for these and other off-label uses, more research, particularly in the form of large-scale randomized controlled trials, is required. Until this evidence becomes available, use for these indications is categorized as experimental or investigational.

Clinical Guideline Revision / History Information

Original Date: 06/23/2022
Reviewed/Revised: 06/29/2023, 06/27/2024, 10/01/2025, 04/01/2026