

PAIN AND COMPLICATIONS

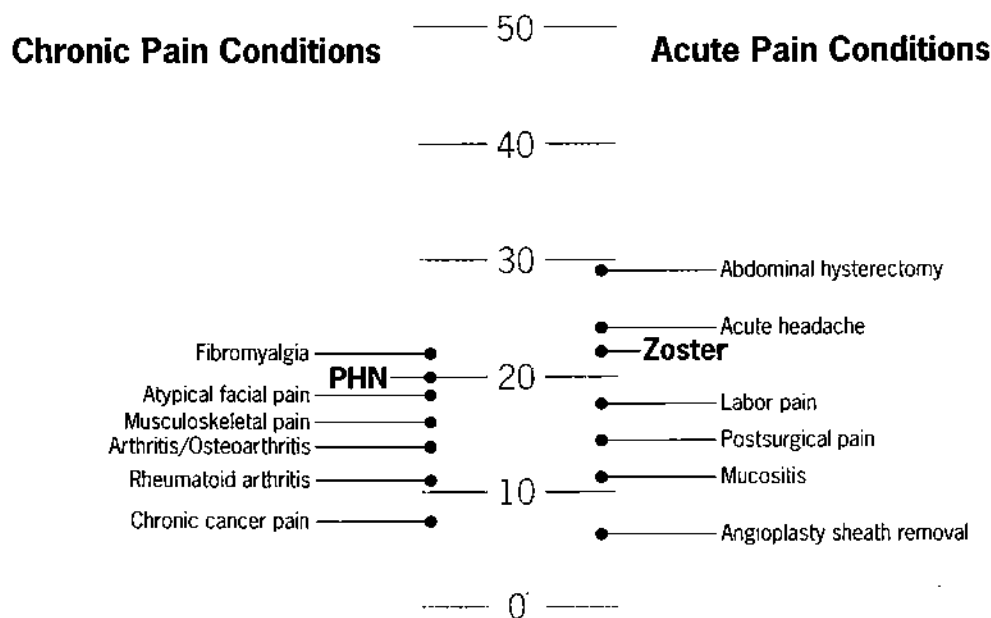
Complications of zoster range from long-lasting postherpetic neuralgia (PHN) to depression.^{4,8,9}

PHN—the most common zoster complication—is described as burning, shooting, and/or stabbing pain.⁸

- PHN, often defined as pain at 3 months after rash onset, will develop in 25%–50% of zoster patients older than 50 years of age.⁴
- 90% of PHN patients develop allodynia—pain from an innocuous stimulus such as a light breeze.⁸
- PHN pain may interfere with everyday tasks such as dressing, bathing, cooking, traveling, mobility, and housework.⁴

Katz and Melzack compared total pain rating index scores from multiple studies of chronic and acute pain of diverse causes, using the Short-form McGill Pain Questionnaire.

Comparison of Pain Scores for Various Conditions¹⁰



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