

Capsaicin 8% patch (Qutenza®)

This leaflet will explain the use of Qutenza patches in pain management. If you have any further questions please speak to one of our nurses or doctors.

What is Capsaicin?

Capsaicin patch is used as a treatment for peripheral nerve pain. It is a patch which contains a synthetic form of capsaicin, which is the compound that gives chilli peppers their heat sensation. The high strength of capsaicin in the patch has been found to make nerves less sensitive to pain and the effect can last for months in some people. If you are allergic to capsaicin or chilli peppers we would not use the patch.

What does the treatment involve?

Before the treatment please take any regular medication including pain medicines as usual. Please wear loose fitting clothing over any site to be treated. If your feet are being treated please wear comfortable socks and shoes.

How is it applied?

The patch will be applied in Pain Clinic by one of the nurses. The painful area needs to be dry and unbroken. The area to be treated will be marked with a pen which will wash off. To ensure the patch adheres to the skin the area will be prepared – any hair in or around the treatment area will be clipped, the area will be washed with mild soap and dried thoroughly. The patch will be cut to the correct size and applied to your skin – it will be held in place by a bandage. You must not touch the area during treatment – this could burn or irritate sensitive areas. The patch will stay in place for 30 minutes if feet are being treated or 60 minutes for other areas.

It is not uncommon to feel burning sensation whilst the patch is in place, please let the nurse know if this becomes difficult to tolerate. On the rare occasion that you experience severe pain or irritation the patch can be removed.

Your blood pressure will be monitored before and during the procedure.

Once the patch has been on for the correct amount of time, the nurse will carefully remove the capsaicin patch.

Cleansing gel will be applied to the treated area and this will be left on for at least 1 minute. The gel will be wiped off and the area will be gently washed and dried.

You will be able to go home soon after the treatment is finished. Please be aware that your appointment time may last approximately 2 hours depending on the area/s being treated. You may wish to bring something to read or a device to listen to music if you prefer. We advise that you do not drive.

Expectations after treatment

It is usual for the area treated to become reddened and burn for a while during and after treatment.

Side effects

These may include itching, blisters, bumps, swelling, dryness. These are normal and should reduce over the next few days.

You can ease any discomfort by taking pain relief such as paracetamol and cooling the treatment site with cooling packs from the fridge (not freezer). Please do not use ice.

- We advise that for 48 hours following the treatment that you avoid; Hot baths or showers, direct sunlight to the treatment site, vigorous exercise.

What happens next?

You may feel some pain relief on the day of treatment. However, it may take 14 days before you feel the full effect of your treatment.

You will be contacted by one of the Specialist Nurses in Pain Management approximately 8 weeks after your treatment. The treatment may be repeated if the patch has worked and you have experienced significant relief.

If you have any comments about this leaflet or the service you have received you can contact :

The Pain Clinic
Monday - Friday
9am - 5pm (excluding bank holidays)
Telephone: 01422 224085

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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