

Qutenza treatment

Patient information



You will soon be visiting the Pain management department of DC Klinieken for a treatment with Qutenza. Your pain specialist/consultant has explained what this treatment involves. You can review the information again in this folder. If you have any questions after reading this folder, talk to the caregiver at the outpatient pain clinic.

Qutenza is a skin plaster containing a high dose of capsaicin (8%). Capsaicin is the compound that gives Spanish pepper its spicy nature. It helps alleviate peripheral nerve pain due to damage of nerves in the skin. With nerve pain the nerves in the skin are overstimulated. This often leads to a burning and/or shooting pain, pain upon touch, hypersensitivity to heat or cold and tingling. The capsaicin in the plaster binds to the damaged nerve cells and makes them less sensitive. This leads to fewer pain stimuli reaching the brain, and the pain sensation decreases.

Preparation

- Do you take anticoagulants? Then you may continue to take them. • Do not apply any skin lotion/ cream to the painful area in advance. • Do not shave the area to be treated. If the area is hairy, it will be shaved in the outpatient pain clinic.
- Optional:
 - to make the treatment as comfortable as possible, you can take two 500 mg tablets of paracetamol in advance of the treatment.
 - bring along a cold pack so you can cool the area on the way home.

Important to report

Contact us before the treatment if one of the following points applies to you and has not yet been discussed. This information can be important for your treatment: • Pregnancy (suspected) • Heart problems due to hypertension • Skin damage in the area to be treated • An adrenal gland tumour • Breastfeeding • Hypersensitivity to hot peppers

The treatment

You report to the DC Klinieken' reception desk at the agreed time. You will be collected by the nurse and accompanied to the day care clinic. Be aware that you will be in the outpatient pain clinic for around 2 hours for the treatment. It is advisable to wear comfortable clothing. You can take something along for entertainment, such as a book, puzzle book or music.

The painful area will be marked on the skin with a marker pen. Then the treatment with the Qutenza plaster begins. The plaster is affixed to the demarcated area and remains there for 30 to 60 minutes, depending on where on the body it is placed. After the plaster has been on the skin for the specified time, it is removed and the skin cleaned with a cleaning gel and a washcloth with water and soap.

It is normal for the skin to tingle or turn red and to experience a burning feeling during treatment with the Qutenza plaster. This is strongest at the end of the treatment and gradually fades afterwards. If it is very severe, the skin can be cooled during the treatment with a cold pack.

After the treatment

- After the treatment, a follow-up appointment will be scheduled.
- You may not drive or cycle home on your own. Ensure that someone can take you home.



Complications/side effects

The following complications or side effects can occur after the treatment:

- Red, painful skin and/or burning feeling where the plaster was affixed. The treated area can be sensitive for several days to warmth, for example, a hot shower or bath, sunlight and/or intense physical exertion.
- For several days, itching, lumps, blisters, swelling, numbness in the area where the plaster was affixed.
- In exceptional cases wheals, a tingling feeling, inflammation of the skin or bruising can arise in the area where the plaster was affixed. There are also incidental reports of: hypertension, rapid heartbeat, loss of taste sense, eye irritation, coughing, nausea, swelling of limbs or loss of feeling in the limbs.

Result

The maximum pain reduction is achieved 7-14 days after the treatment (sometimes already after two days). The pain reduction can last for around three months. When symptoms recur, it is possible to repeat the treatment, but not more often than four times a year.

Resuscitation

All patients at DC Klinieken are resuscitated in an emergency situation. Have you signed a DNR form or discussed with your doctor that you do not want to be resuscitated? Then it is important to inform us of this.

Insurance coverage

DC Klinieken has contracts with all health insurance providers. This means that practically all of the care is reimbursed. Just like the care you receive in the hospital. You will first need a referral from your GP or specialist. Remember to take into account your insurance excess. For more information about reimbursement and any exceptions: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to FAQ, please contact: www.dcklinieken.nl/contact or our Service and Information Centre on +31 (0)88 0100 900.

Emergency after visit to DC Klinieken

In case of emergency, call: +31 (0) 88 0100 998.

Emergency after visit to DC Klinieken Dokkum

In case of an emergency after pain management, or gastrointestinal examination, patients of DC Klinieken Dokkum should call: +31 (0) 88 0100 960 or after radiology: +31 (0) 88 0100 985

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