

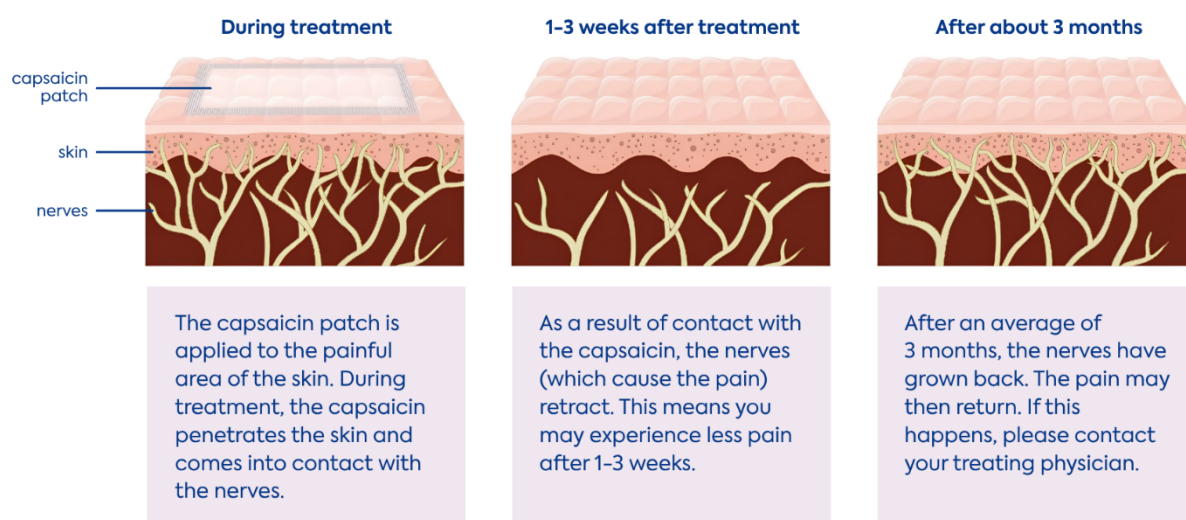
Qutenza treatment

Pain management

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, please contact us.

Qutenza is a skin patch containing a high dose of capsaicin (8%). Capsaicin is the substance that makes chilli peppers hot (spicy). Qutenza is used to treat nerve pain in the skin. In nerve pain, the nerves are damaged and become overly sensitive. This can cause a burning or stabbing sensation, pain when touched, sensitivity to heat or cold, and tingling sensations. The capsaicin in the patch acts on the painful nerves in the skin, making them less sensitive. As a result, they send fewer pain signals to the brain, which helps to reduce pain.

How does Qutenza (capsaicin patch) work?



Anand P. and Bley K. Br. J. Anaesth. 2011;107(4):490-502.

M-QZA-NL-05-22-0002

Preparation

- If you are taking blood thinners, you may continue using them as usual.
- Do not apply any skin lotion or cream to the painful area before treatment.
- Do not shave the area to be treated. If the area is hairy, the hair will be removed at the pain clinic.
- Optional:
 - To make the treatment as comfortable as possible, you may take two 500 mg paracetamol tablets before your appointment.
 - Bring a cold pack with you so that you can cool the treated area on your way home.

Important information

Please contact us before your treatment if any of the following applies to you and has not yet been discussed. This information may be important for your treatment.

- A (possible) pregnancy
- Heart problems related to high blood pressure
- Skin damage in the area to be treated
- An adrenal gland tumour
- Breastfeeding
- An allergy or hypersensitivity to chilli peppers

The treatment

At the agreed time, please report to the reception desk at DC Klinieken. A nurse will collect you and take you to the day treatment unit. Please allow approximately 2 hours for your visit to the pain clinic.

We recommend wearing loose, comfortable clothing. You may also wish to bring something to help you relax, such as a book, puzzle book, or music.

The painful area will be marked on your skin with a marker pen. The patch will then be applied to the marked area and will remain in place for 30 or 60 minutes, depending on the location on the body. Afterwards, the patch will be removed and the skin will be cleaned with a cleansing gel and a washcloth using soap and water.

It is normal to experience stinging, redness, or a burning sensation of the skin during treatment with the Qutenza patch. These effects are usually at their worst at the end of the treatment and then gradually decrease. If the area is very painful, it may be cooled with a cold pack.

After the treatment

You will receive a follow-up appointment after your treatment. You should not drive or cycle home yourself after the treatment. Please arrange for someone to accompany you home.

What should you avoid during the first few days after treatment?

- Touch the treated area as little as possible.
- Do not allow children or animals to touch the treated area.
- Avoid hot showers and hot baths. A short lukewarm shower is permitted.
- Do not use a hot water bottle or heating pad on the treated area.
- Avoid exposing the treated skin to direct sunlight.
- Avoid intensive exercise during the first few days, but continue to stay active.

Complications/side effects

The following complications or side effects may occur after treatment:

- The treated skin may become red and painful after the procedure. This usually resolves within a few days.
- The burning sensation and/or pain may become worse during the first few days, at night, or during physical activity.
- For several days you may experience itching, bumps, blisters, swelling, numbness, or reduced sensation in the treated area.

- In rare cases, welts, tingling, skin inflammation, or bruising may occur in the treated area. Other rarely reported side effects include high blood pressure, rapid heartbeat, reduced sense of taste, eye irritation, cough, nausea, swelling of the limbs, or reduced sensation in the limbs.
- If the treated skin is painful, cool the area using a cold pack. Do not place the cold pack directly on the skin. Wrap it in a clean tea towel or cloth.
- Continue taking your prescribed pain medication unless your doctor has specifically advised you to stop.

Result

Maximum pain relief is usually achieved 1 to 3 weeks after treatment, although some patients notice improvement within a few days. Pain relief may last for approximately three months. If your symptoms return, the treatment can be repeated, but no more than four times per year.

Resuscitation

In the event of a medical emergency, all patients at DC Klinieken will receive resuscitation treatment. If you have a Do Not Resuscitate (DNR) order or if you have discussed with your doctor that you do not wish to be resuscitated, it is important to inform us.

Emergency after visit to DC Klinieken

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

Emergency after visit to DC Klinieken Dokkum

Patients of DC Klinieken Dokkum should call: +31 (0)88 0100 960.

Insurance coverage

DC Klinieken has contracts with all Dutch health insurers. This means that almost all care is reimbursed, just as it is in a hospital setting. You will need a referral from your GP or another physician. Please note that your deductible (own risk) may apply. For more information about reimbursement and any exceptions, please visit: dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, please visit: dcklinieken.nl/contact. You can also contact our Service and Information Centre on +31 (0)88 0100 900.