

Qutenza dermal patch for nerve pain

Pain Management Department

Information for Patients

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What is Qutenza?

Qutenza is a dermal patch for use on your skin. It is designed to provide pain relief in people who have nerve pain.

How does Qutenza work?

The active ingredient in Qutenza is a synthetic form of capsaicin; the compound that gives chilli peppers their heat sensation. The capsaicin contained in Qutenza acts on pain-sensing nerves in the skin, making them less sensitive to pain.

What will the procedure involve and how long will it take?

The clinical nurse specialist may mark the most painful areas on your skin with a pen or marker. Any hair in the treatment area will be clipped using scissors (you should not do this yourself before the appointment). The nurse will place the Qutenza patch onto your skin. Cling film and a bandage are used to help keep the patch firmly in place.

The patch will be left on for 30 minutes if you are being treated for pain on your foot, or for 60 minutes if you are being treated for pain on any other areas of your body. After this time the clinical nurse specialist will carefully remove it and clean the area with a gel.

Is the procedure painful?

The skin is likely to sting or become red with a burning sensation during and after Qutenza treatment; this can last for a few hours.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

When will it start working?

Most people start to feel some pain relief on the first day the patch is applied. However, it can take up to 14 days before you feel the maximum benefit.

What do I need to bring to my appointment?

Please bring:

- your regular pain relief medication
- paracetamol (as long as you have no allergies to it)
- something to do whilst you are with us (books, magazines, music etc.)
- a cold pack

Please take your usual medication before you come.

You can eat and drink as normal.

Wear loose clothing. Tight clothing may cause pain after the treatment.

Aftercare

You can continue with your normal activities after a treatment with Qutenza.

- Redness and burning sensation should settle within 24 hours.
- Use cooling gel or ice packs over the painful area.
- No hot showers or baths for 24 hours.
- There may be some residue so you should try to avoid touching the area for 24 hours to avoid getting chilli in your eyes or other sensitive parts of your body. If you do happen to touch the treated area, please flush with cold water.
- Do not let children or pets come into contact with the treated area.
- If you have any problems please contact a member of the Pain Team for advice on **0116 258 8841 / 8858**.
- A nurse will phone you in 6 to 8 weeks time. If the treatment helps it can be repeated every 3 months.

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