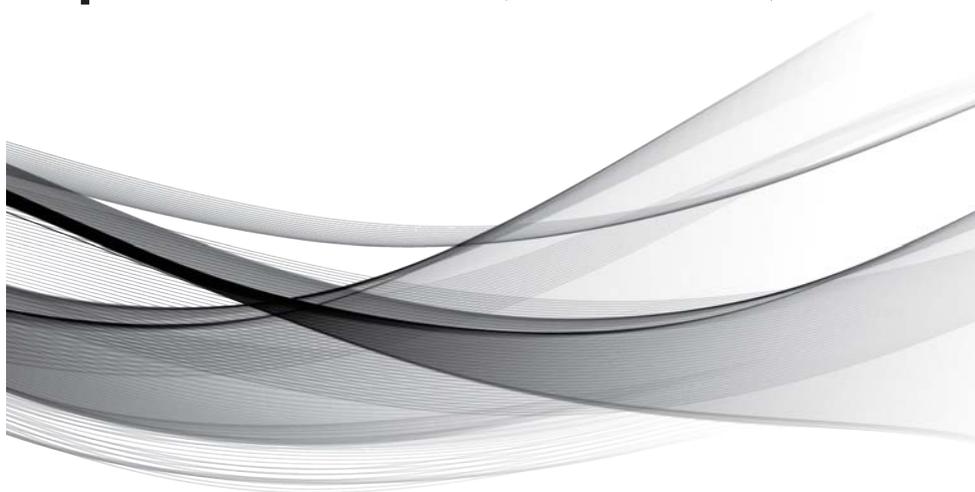


Information about

## **Capsaicin Patches (Qutenza®)**



If you need this information in an accessible format, such as large print or braille, or a community language, please contact us using the contact numbers or email address at the end of this leaflet.

## **Introduction**

This leaflet tells you about Capsaicin 8% Patches (also known as Qutenza®). Please read this information carefully before you come for the procedure to apply the patch.

## **Why am I going to be treated with a Capsaicin Patch?**

We are going to treat you with a Capsaicin 8% patch to help relieve your pain. Capsaicin patches contain a form of chilli which we apply to the painful area to help make the nerves in this area less sensitive to pain.

## **Before the Procedure**

If the area to be treated is covered in hair, we would ask that you shave this area at least 48 hours before your treatment to make sure you have no broken skin. On the day of treatment we will ask you to take your usual medication. If you do not take pain killers regularly we would ask you to make sure you take simple painkillers like Paracetamol 60 minutes before the procedure.

## **How will we apply the patch?**

We apply the patch to the painful area and leave it there for 30-60 minutes depending on the location of your pain. During this time you may experience heat and burning in this area and you may need extra pain relief. You should let staff know if you cannot cope with this heat and burning. We will monitor your blood pressure during the procedure as your blood pressure may go up.

## **After the procedure?**

We remove the patch and apply some cooling gel to help with the burning sensation. Your skin may look red. You may leave the hospital when we have finished the procedure, however, you should have someone to take you home.

This whole treatment may take up to two hours. However we cannot accurately predict the start and finish time of your treatment as this varies from one patient to another. Therefore, we recommend you bring something with you to help pass the time, for example a book or music with headphones.

## **What are the side effects?**

Like all medicines, the Capsaicin patch can have side effects, although not everybody gets them. Very common side effects include skin redness and, or burning at or around the site of the patch. This may include rash, inflammation of the skin, itching and small blisters. This may last for a few days after your procedure. If irritation or a burning sensation occurs whilst you are using the patch, you should tell the nurses looking after you.

## **How often can I have the procedure?**

If the first treatment is helpful for your pain then we can repeat the treatment. We will discuss what happens next after your treatment.

## **Who should not use Capsaicin Patches?**

You may not be suitable for this treatment if you have pain in your face or scalp.

If you have unstable or poorly controlled high blood pressure or a recent history of being unwell because of a heart condition please tell the doctor or nurse before the procedure as the patch may make certain heart conditions worse.

You should not use it if you have had an allergic reaction to other products which are similar to the patch, such as Capsaicin 0.075% Cream. Please tell your doctor or nurse if you think you might be allergic. We cannot use Capsaicin patches on injured skin or open wounds.

## **Can I take other medicines?**

Please tell your doctor or nurse if you are taking or have recently taken any other medicines, including over the counter medicines and herbal medicines. Please take all of your medications as normal before and after the procedure.

## **Is it safe to drive after the procedure?**

No. We would ask that you have someone else to take you home after the procedure. Please let us know if this is not going to be possible.

## **What if I am pregnant, planning a pregnancy or breast-feeding?**

You should not use Capsaicin if you are pregnant unless clearly necessary. Ask your doctor or nurse for advice before taking any medicine. There are no studies about the patch in breast-feeding women. Effects on breast-fed infants are unlikely, but please speak to the nurse or doctor.

## **Contact Details**

For any questions about your appointment, please contact the Pain Management Secretary on ☎ **0141 355 1492** or email ✉ **North.painservice@ggc.scot.nhs.uk**