

## Qutenza (Capsaicin) 8% patch

### Patient Information Leaflet

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## What is Qutenza?

Qutenza is indicated for the management of neuropathic pain.

Pain is transmitted by nerves so it is often possible to reduce pain by blocking signals from affected nerves.

It is a patch for use on your skin. Qutenza contains a synthetic form of capsaicin, which is the compound that gives chilli peppers their heat sensation. The capsaicin acts on pain sensing nerves in the skin, making them less sensitive to pain.

## Who may the treatment help?

Peripheral nerve pain is a particular type of pain caused by damage to the peripheral nervous system. This is a network of nerves that transmit information between the brain and other parts of the body. When these nerves become damaged, they sometimes send confused messages to the brain. This may result in pain that can be described as stabbing, burning, shooting, aching or like an electric shock. Peripheral nerve pain can be caused by diseases such as shingles, injury or medical procedures.

## How is the procedure done

Please tell your consultant/nurse before your treatment if:

- You are allergic to any medications.
- You have an infection at the treatment site.
- You may be pregnant.
- You have had a recent heart attack or have unstable high blood pressure.

## Notes

## Further Information

### What is PALS?

The Patient Advice and Liaison Service (PALS) provides impartial advice and assistance in answering questions and resolving concerns that patients, their relatives, friends and carers might have when accessing the NHS services provided by STHK.

### You can contact the PALS team via the following:

**Telephone: 0151 430 1376**

**Email: [pals@sthk.nhs.uk](mailto:pals@sthk.nhs.uk)**

**PALS opening hours are: Monday to Friday 9am to 5pm (excluding bank holidays)**

The procedure will take place in the recovery area of theatres.

A healthcare professional will mark the most sensitive area of your skin with a marker pen. Please ensure the area to be treated is clean. Any hair in the area will be clipped with scissors or you may wish to remove any hair yourself 48 hours before the treatment as any broken skin will prevent the treatment from taking place.

The patch will be cut to fit the treatment area and this will then be placed on the skin. A bandage or dressing will be applied on top of the patch to prevent it from moving or touching any other non-sensitive skin. The patch is then left in place for 60 minutes or if the feet are being treated, 30 minutes.

After the appropriate time the healthcare professional will carefully remove the patch and will apply a cleansing gel to the skin which will be left for approximately one minute before being wiped off. The area will then be washed with soapy water.

## Qutenza Patch

### What are the benefits?

Qutenza is designed to provide prolonged pain relief from peripheral nerve pain.

You may start to feel some pain relief on the day the patch is applied; however this could take up to 14 days before you feel the maximum benefit. Relief, if obtained, can last up to six months or more, but some may only benefit for a short time.

## What are the side effects?

It is usual for the skin to become red and burn for a while during and after the treatment. 1 in 10 patients may suffer application site pain. Due to this your blood pressure may go up because of the temporary reaction. This will be monitored throughout.

Other side effects, which are uncommon, may include:

- Itching
- Blisters
- Bumps
- Swelling
- Dryness
- Bruising

These side effects are normal and wear off over the first 7 days.

If any of these side effects become severe, please contact the pain clinic or GP for advice.

If the treated area is painful, burning or stinging, apply cold compresses to the affected area. You can take your regular painkillers as needed.

The treated area may be sensitive to heat, hot water, direct sunlight or vigorous exercise for the first few days following treatment.

It is not advisable to shower or wash the affected area for 48 hours post application as this can contribute to the effectiveness of treatment.

If you require a follow up appointment, this will come via letter.

## Contact Details

Pain Clinic  
Whiston Hospital  
St Helens and Knowlsey Teaching Hospitals NHS Trust  
Warrington Road  
Prescot  
L35 5DR

Contact numbers: 0151 430 1455/2162

Sanderson Suite: 01744 646089 / 646098

## Further Reading

[www.qutenza.co.uk](http://www.qutenza.co.uk)

[www.evidence.nhs.uk/formulary/bnf/current/10/qutenza](http://www.evidence.nhs.uk/formulary/bnf/current/10/qutenza)

NICE - [www.nice.org.uk/guidance/cg173/documents/neuropathic-pain-pharmacologic](http://www.nice.org.uk/guidance/cg173/documents/neuropathic-pain-pharmacologic)

[www.astellas.co.uk](http://www.astellas.co.uk)