

Pain Management Services of the Fox Valley  
Mercy Oakwood  
2700 W. 9<sup>th</sup> Avenue, Suite 205  
Oshkosh, WI 54904  
Phone: (920)223-0499 Fax: (920)223-0479

### **Qutenza Discharge Instructions**

You have just received a treatment of Qutenza (Capsaicin 8% patch). The goal of this treatment is to reduce the pain in a specific area of the body.

- You may not notice a decrease in your pain for up to a week after the patch was applied.
- The effects of the patch may last up to 3 months or longer.
- The area treated may be sensitive to heat:
  - √ avoid hot showers/baths for a few days following the treatment
  - √ avoid direct sunlight for several days
  - √ avoid vigorous exercise for several days
- You may apply ice to the treatment area 10-15 minutes several times in an hour's time.
- Common side effects of the patch include: redness, pain, itching or something that looks like a raised rash at the site of the patch's application. (These are *not* allergic reactions.)
- If you should experience any discomfort after the procedure, you may use Tylenol, Ibuprofen, Naproxen or the pain medication you usually take for pain.

If you experience any significant problems after this treatment, please call the clinic. You may leave non-urgent messages on voice mail after 4 pm daily and on weekends. If this is an urgent question regarding your procedure, call **Nurse Direct** at 920-231-6578. If you are having a medical emergency please call 911.

**I hereby acknowledge and understand the discharge instructions as indicated above.**

Patient/Representative signature (relationship): \_\_\_\_\_