



## Qutenza Discharge Instructions

### Summary of Procedure:

A Qutenza procedure was conducted to alleviate your neuropathic pain. The Qutenza patch, containing capsaicin, was applied to the affected area to desensitize the nerves and provide pain relief.

### Following the Procedure:

- **Temporary Relief:** You may start to feel the effects of the Qutenza patch within a few hours. Full relief may take a few days to develop as your body responds to the treatment.
- **Sensation Changes:** Some patients may experience mild burning, tingling, or a sensation of warmth at the application site. Take extra care when engaging in physical activities to reduce the risk of injury. Do not drive or operate machinery for the remainder of the day.
- **Activity Restrictions:** Avoid heavy lifting or strenuous activity for the next 24-48 hours.
- **Application Site Care:** If there is soreness at the application site, a cold compress or ice pack applied for a few minutes may help. Slight redness, bruising, or tenderness is normal. Keep the treated area clean and dry.
- **Medication and Diet:** Resume your usual medications as previously prescribed and continue your normal diet.

### When to Contact Us or Your Physician:

- **Fever** greater than 101 degrees Fahrenheit
- **Persistent, severe headache**
- **Excessive redness, warmth, or discharge** at the application site
- **New or worsening pain in the treated area**
- **Difficulty breathing or swallowing**

### Emergency:

If you are experiencing a medical emergency, please go to the nearest emergency room immediately. For any concerns or questions, please contact Vitruvian Health at (616) 841-2615 or your primary care physician. Your health and safety are our top priorities.

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