

# Qutenza

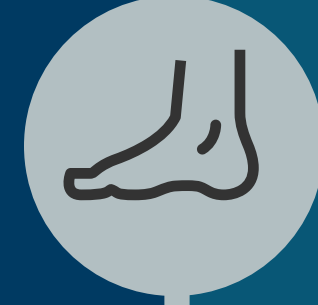


If you are living with chronic, unmanageable pain, Qutenza can provide significant relief. This topical treatment uses capsaicin to reduce pain by targeting and desensitizing pain receptors in the skin, thereby decreasing the frequency and severity of pain.

Our physicians at Vitruvian Health are experts in diagnosing and treating chronic pain conditions. We offer personalized treatment plans tailored to your specific needs, helping you return to the activities you enjoy.



**Capsaicin-Based Treatment:** Qutenza contains a high concentration of capsaicin, the active component in chili peppers, which works by desensitizing pain receptors in the skin.



**Non-Systemic Therapy:** Qutenza is a topical treatment applied directly to the skin, providing pain relief without the systemic side effects often associated with oral medications.



**FDA Approved:** Qutenza is FDA-approved for the management of neuropathic pain associated with diabetic peripheral neuropathy (DPN) of the feet, offering a trusted and regulated option for patients.



**Long-Lasting Relief:** A single application of Qutenza can provide pain relief for up to 3 months, making it a convenient option for managing chronic pain with less frequent treatments.



**Application Process:** The treatment involves applying Qutenza patches to the affected area for 30 minutes. This procedure is typically performed in a healthcare provider's office and can significantly reduce pain intensity in patients with DPN of the foot.

## Qutenza

**Definition:** Qutenza is a highly effective, minimally invasive topical treatment designed to reduce the frequency and severity of chronic pain associated with diabetic peripheral neuropathy (DPN) of the feet. This treatment uses a high concentration of capsaicin to desensitize pain receptors in the skin.

### Procedure:

- **Preparation:** The patient is positioned comfortably to allow easy access to the affected area.
- **Application:** Qutenza patches are applied to the skin over the painful area on the foot.
- **Duration:** The patches remain on the skin for 30 minutes. The entire process typically takes about an hour and is conducted on an outpatient basis, allowing the patient to go home the same day.

### Frequency:

- Qutenza treatments can be administered every 3 months or as needed, depending on the patient's response to the treatment and the severity of their pain.
- Many patients may require regular treatments to achieve optimal results.

### Expected Results:

- Patients often notice a reduction in pain within a few days to weeks after the application.
- The effects typically last for several months, providing significant pain relief and improved mobility.
- Many patients experience reduced reliance on pain medications and an enhanced quality of life.

### Follow-Up:

- A follow-up appointment is usually scheduled to assess the effectiveness of the treatment and to plan any further treatments if necessary.
- Most patients can resume their normal activities immediately after the procedure, although it is advisable to monitor the treated area for any irritation.

### Benefits:

- Qutenza provides a non-systemic option for chronic pain sufferers, particularly those with DPN of the feet.
- By reducing the frequency and severity of pain, patients can experience significant improvements in their daily functioning and overall well-being.
- This treatment can be a valuable part of a comprehensive pain management plan, including lifestyle modifications and other medical treatments.

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