

## Retrospective Analysis for the Treatment of Neuropathic Pain with Capsaicin 8% in the Pain Clinic of a Tertiary Hospital in the UK

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## Abstract

### Background

The capsaicin 8% patch (QUTENZA®) is an adhesive patch containing a high concentration (8% w/w) of synthetic capsaicin, a selective agonist of transient receptor potential vanilloid 1 channel and is approved for peripheral neuropathic pain (PNP) in adults [1].

### Methods

This retrospective analysis included all patients listed for capsaicin 8% patch between 07/2018 and 11/2020 for PNP. The Numeric Pain Rating Scale, as well as changes in prescribed concomitant neuropathic pain medications were used as outcome measures.

### Results

From the 140 patients listed to receive the treatment, 15 were lost in follow up and 27 patients did not receive treatment for various reasons. We report the outcomes of 98 patients, which showed that one application had the following effectiveness in reduction of PNP after single application: 50% in knees, 47% in feet, 50% in PHN, 57% in scar and 50% in stump pain. For other indications such as PNP in lumbar region, Achilles' tendon allodynia, hyperalgesia over lateral femoral cutaneous nerve, PNP in forearm, the success of single application was around 18%. Regarding changes to prescription of pain medication, as well as success after second and third application our results varied widely among different PNP syndromes. No complications were reported.

### Discussion

These results must be interpreted with caution as this is a retrospective study and the number of patients treated was relatively small. In previous studies, efficacy between 30%- 48,8% has been reported [2, 3].

### Conclusion

Capsaicin 8% patch is an easily applicable, safe, and effective treatment for neuropathic pain and could be a valuable addition for certain patients.

### References

1. Burness et al 2016
2. Giménez-Milà et al 2014
3. Wagner et al 2013

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