

# TREATMENT TIPS FOR MANAGING NERVE PAIN AND STAYING ACTIVE

sage infusion

Walking supports heart health, mobility, and mental well-being. For individuals living with nerve pain from diabetic peripheral neuropathy (DPN) or postherpetic neuralgia (PHN), however, staying active can be challenging. Treatments like Qutenza, available at Sage Infusion, offer a targeted approach to pain relief that can help patients get moving again.

Qutenza is a high-strength capsaicin patch applied in a clinical setting that works directly at the site of nerve pain. By reducing pain signals in the skin, it can provide relief for up to three months after a single treatment. This long-lasting effect can make it easier for patients to walk comfortably and consistently.

An additional benefit of Qutenza is its ability to reduce reliance on certain oral medications commonly used for nerve pain, such as gabapentin and Lyrica (pregabalin). While these medications can be effective, they are often associated with side effects like dizziness, drowsiness, brain fog, and balance issues—which may actually make walking more difficult or increase fall risk. Because Qutenza is applied topically and works locally, it avoids many of these systemic side effects, allowing patients to stay more alert and steady on their feet.

## Tips for Patients Receiving Qutenza

- **Take Advantage of Pain Relief:** After treatment, gradually introduce short daily walks to rebuild confidence and endurance.
- **Start Slow and Stay Consistent:** Even 5–10 minutes of walking per day can make a meaningful difference over time.
- **Prioritize Safety:** Wear supportive footwear and walk on even surfaces to reduce fall risk.
- **Monitor Your Body:** Check your feet and treated areas daily, especially if you have reduced sensation.
- **Follow Care Instructions:** Adhere to all post-treatment guidance from your provider to ensure optimal results.
- **Talk to Your Provider:** Ask if Qutenza may help reduce your need for oral nerve pain medications.

FOR MORE INFO

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