

## Information:

# Iontophoresis

You will soon be coming to Amstelland Hospital to undergo iontophoresis. This leaflet provides additional information on this treatment. Be aware that your personal situation may differ from the one described in this leaflet.

### **What is iontophoresis?**

Iontophoresis is a treatment in which medication is introduced via the skin with the aid of two patches and a small electrical current.

### **Important to note**

Always contact (before your next treatment) the Pain Medicine Outpatient Clinic if one of the following applies to you and you have not yet discussed this with the pain specialist. The following information may be important for your treatment.

- *A (potential) pregnancy*  
During treatment, different medications are used that are potentially harmful to the unborn child.
- *Hypersensitivity* to local anaesthetics, hormone preparations (dexamethasone), clonidine or ketamine.
- *An adrenal tumour*
- *Heart complaints due to high blood pressure*
- *Heart rhythm disorders*
- *A pacemaker*

### **The day of the treatment**

The treatment will be performed at the Pain Medicine Outpatient Clinic. You can report to the Outpatient Clinic's reception desk, where you will be assisted by the pain consultant nurse.

### **The treatment**

You take a seat in a chair or lie down on the examination table. The body part that will be treated is positioned as comfortably as possible. A medicine patch will be attached to your skin. By transmitting a small electrical current through the medication patch, your body will absorb the medication through your skin. During his treatment, your skin underneath the patch may feel prickly or like it is burning. After treatment, a soothing ointment will be applied on the site of the medication patch.

The treatment lasts for approximately 30 minutes. During treatment, we will examine how your body reacts to the medicine. After a trial period consisting of 4 to 8 treatments, the pain practitioner will evaluate the treatment. Usually, you will be treated twice a week for the first 2 weeks, possibly receiving several additional treatments. If the results are good, you will switch after approximately 4 weeks to one weekly treatment. You cannot expect results any sooner than after undergoing multiple treatments.

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## **Complications/side effects**

The following complications or side effects may develop following iontophoresis, although they are rare.

### *Day of treatment:*

- Fatigue.
- Dizziness.
- Dry mouth/nasal mucous.
- Skin rash.
- An uneasy feeling.
- Prickly or burning sensation.
- Small burn wounds or burn blisters.

### *Day after treatment:*

- Production of dark urine.
- Constipation (difficult bowel movements).

## **Going home**

If you receive the first treatment (and any treatment with new medication), you may not drive yourself in traffic. You must ensure that someone else takes you home.

## **Home again**

Two hours after the treatment, you may remove the gauze with ointment from your skin.

## **Other treatments**

Iontophoresis treatment is regularly combined with physiotherapy and occupational therapy.

If the pain specialist has prescribed DMSO cream, vitamin C tablets, neuropathic painkillers or a TENS device for you, you will continue to use these during the iontophoresis treatment.

If the iontophoresis treatment does not produce a positive result, the medication can be changed or adjusted in the meantime. Sometimes, the treatment is discontinued and a different form of treatment is introduced.

## **Questions?**

Should you still have questions after reading this leaflet, you can contact the Pain Medicine Outpatient Clinic at  
+31 (0)20 755 7010.