

Iontophoresis

Introduction

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 of the affected body part. The medication is delivered (transdermally) with the aid of a 'medication patch' and an electric field. Iontophoresis promotes blood flow. Iontophoresis may also be a suitable form of treatment for sympathetic reflex dystrophy and scar pain.

Important to note

Always contact (before your next treatment) the Pain Medicine Department 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 the treatment, different medications are used that are potentially harmful to the unborn child.
- *Hypersensitivity to anesthetics* (Marcaine), hormone preparations (Dexamethasone), Catapresan (Clonidine) or Ketamine.
- *An adrenal tumor*
- *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 helped by the pain nurse.

The treatment

You take a seat in a chair or lie on the examination table. Your arm will be placed on a cushion on your lap, and your leg/foot will be set on a cushion on a chair or an examination table.

A medicine patch will be attached to your skin. By transmitting a small current through the medication patch, your body will absorb the medication through your skin. During his treatment, your skin may feel prickly or it may burn under the patch. Post treatment, a soothing ointment will be applied on the site of the medication patch.

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

Complications/side effects

The following complications or side effects may develop following iontophoresis, but are rare:

The day of the treatment:

- Fatigue.
- Dizziness.
- Dry mouth/nasal mucous
- An uneasy feeling.
- Skin redness where the electrodes patches were attached.
- A burn where the medicine patch was attached to the skin.

The day after the 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 brings 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, vasodilators (e.g. Ketensin), antidepressants and anti-seizure medication (due to the pain-suppressing effect) 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.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.