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Innovating **BIG RESULTS**  
Through Small Incisions

## Desensitization Protocol

Dealing with nerve pain can be tricky. For your convenience, I’ve compiled this guide for nerve pain desensitization. Each is carefully selected based on clinical effectiveness and prior patient feedback. Scan the QR Code for a more detailed description and for specific product recommendations from prior patients.



Treatment	Description for Patient Use
<b>Capsaicin Cream</b>	Helps “numb” overactive nerves by reducing pain chemicals in the skin. Expect a warm sensation. Use 2–3× daily.
<b>Diclofenac Gel</b>	Anti-inflammatory gel for joint or surface-level nerve pain. Apply 3–4× daily to painful areas.
<b>CBD Cream</b> <b>Corganics.com</b> Provider Code: STEFANSKI	Helps calm nerves and reduce skin sensitivity. Non-psychoactive (no “high” feeling). Apply 1–2× daily, especially in the evening.
<b>Ice Massage</b>	Rub ice over the area using a towel or cold roller for 5–10 minutes. Helps numb surface nerves. 2–3× daily.
<b>Nerve Supplement</b>	Daily supplement with nerve-healing B vitamins and alpha-lipoic acid. Use consistently for at least 4–6 weeks.
<b>TENS Unit</b>	Sends gentle electrical pulses to block pain signals. Use 20–30 minutes once or twice daily on affected area.
<b>Omega-3 / Alpha-lipoic Acid Supplements</b>	Support nerve recovery and reduce inflammation. Take daily with food.
<b>Soft Brushing / Sensory Re-training</b>	Gently rub the area with a soft cloth or brush for 3–5 minutes daily. Helps desensitize nerves.
<b>Advanced Options</b>	If symptoms persist, options like nerve ablation or stimulators may help. Talk to your provider about next steps.

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