



Chapter of Topical analgesics

Types of pain

Acute (Less than 1 month)

Example

Tendonitis, inflammation of ligaments or sprained muscle tendon caused by strenuous exercise or poor posture

Approach

You can use the oral medicine, topical patch, ointment, spray, etc. to control the pain at the community pharmacy

Chronic (More than 1 month)

Example

Symptoms of chronic pain diseases such as osteoarthritis and carpal tunnel syndrome worsen

Approach

Early detection of long-term pain should be checked by a doctor to confirm the cause.

If it is a chronic pain-related disease after diagnosis, you can also consider using oral medicine or topical patches, ointments, sprays, etc. to control symptoms in the community pharmacy, together with other treatments

Common topical patches and their functions

01

**Increase local
blood flow**

Salicylic acids

Camphor, Menthol

**Produces a
sense of
coldness**

02

03

**Anti-inflammatory
and analgesic**

Ketoprofen,
Indomethacin,
Diclofenac, Ibuprofen

Capsaicin

**Increase irritation
and reduce deep
pain**

04

Precaution of those ingredient

Diclofenac

Do not use in following situation

- the last 3 months of pregnancy may harm the unborn baby
- Allergy history of this medicine or other anti-inflammatory and analgesic

Methyl Salicylate

Do not use in following situation

Allergy history of Aspirin



If you have the following situation, it is not recommended to deal with it by yourself

01 Unbearable pain

02 Symptoms last for more than 10 days

03 Pain changes or suddenly increases

04 Pelvic pain not caused by the physiological period



In addition to pain, dizziness, vomiting, fever, etc., suspected infectious disease or other disease symptoms

Visually deformed joints, marked changes in movements, weakness or sensations in limbs, suspected fractures, etc.

Pregnant women or children under two years of age

Unable to control urine or feces due to back pain

05

06

07

08