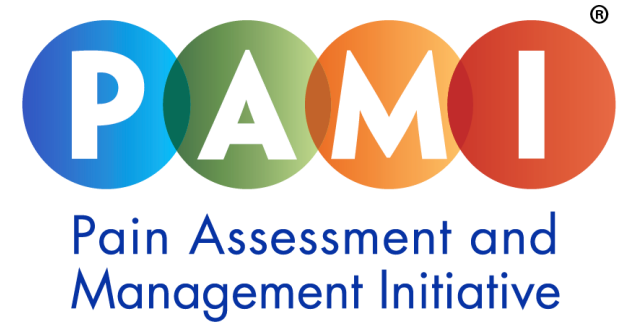
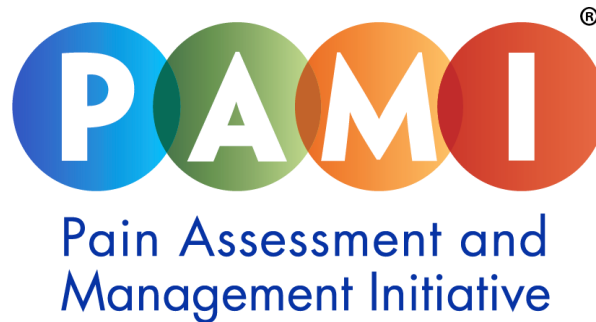


About OTC Topical Pain Medications



Contact us

Phone: 904 - 244 - 4986
Email: pami@jax.ufl.edu
Website: pami.emergency.med.jax.ufl.edu

Search us using:
@ufpami



Scan the QR code to visit our website:



Updated 06/06/2023

OVER-THE-COUNTER TOPICAL PAIN MEDICATIONS

*A guide to understanding
topical pain medications*



Always tell your healthcare provider about all medications you are taking, including OTC options, herbals and supplements.

Warnings

- Read and follow all directions and warnings on packaging
- Review all active ingredients in the product. Many products have multiple active ingredients
- It is important to use these medications only as directed. Stop using the product if any side effects occur and seek medical attention
- Keep out of reach of children and pets.
- See package for proper disposal

Lidocaine 4% Patches

Numerous brand names

Common uses

- Provides temporary relief of minor aches and pain of muscles and joints
- Will numb the pain where the patch is placed.

Dosing

- Only use 1 patch at a time
- Clean and dry area before applying
- Apply for up to 8 hours
- Can apply new patch 3-4 times daily



Warning

- Do not use heating pad or warm gel pack with the patch
- Should not be used by children under 12 years old
- Seek medical attention if symptoms last longer than 7 days

Diclofenac 1% Gel

Known as an NSAID

Example brand name: Voltaren®

Common uses

- Provides relief from pain associated with osteoarthritis in hand, wrist, elbow, foot, ankle, and knee
- Reduces inflammation and pain at application site

Dosing

- Apply to painful area following packaging directions
- Use for a maximum of 21 days

Note: It can take up to 7 days to experience relief after starting this gel

Warning

- Do not use on open wounds or with heating pads
- May increase the risk of heart and blood vessel problems
- Do not use if you have a history of asthma or allergic-type reactions with aspirin or other nonsteroidal medications (NSAID), such as ibuprofen and naproxen
- Using this product with oral NSAIDs could increase the risk of adverse effects

Counterirritants

Example brand names: IcyHot®, Biofreeze®

Common uses

- Provides temporary relief of aches and sprains of muscles and joints, back pain, and arthritis pain
- Relieves pain by stimulating the nerves with a warming and/or cooling feeling

Dosing

- Apply to painful area following packaging directions
- Use as needed for up to 7 days



Warning

- Use products only as directed
- Skin irritation or rash could occur
- Note that some products may contain lidocaine. Follow packaging directions.