

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

O1

Increase local blood flow

Salicylic acids

Camphor, Menthol
Produces a
sense of
coldness

Anti-inflammatory
and analgesic
Ketoprofen,
Indomethacin,
Diclofenac, Ibuprofen

03

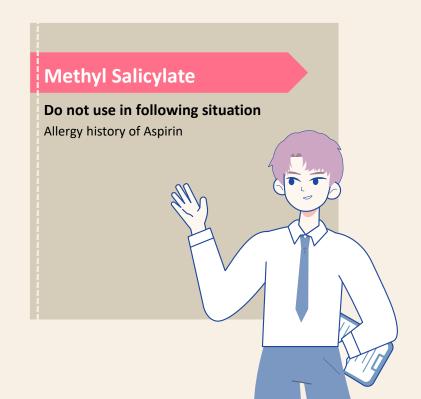
Capsaicin
Increase irritation and reduce deep pain

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



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

1 Unbearable pain

02 Symptoms last for more than 10 days

Pain changes or suddenly increases

Pelvic pain not caused by the physiological period

