

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

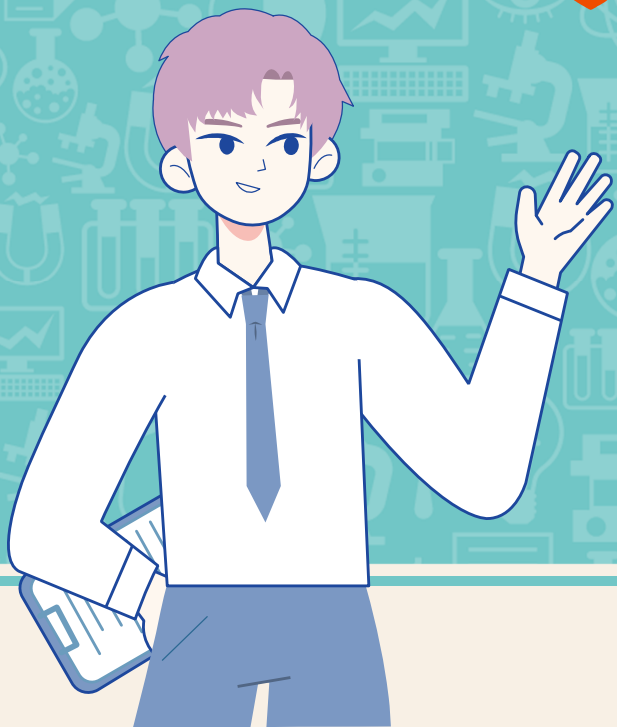
Unable to control urine or feces due to back pain

05

06

07

08



外用止痛藥品篇

疼痛的種類

急性 (持續疼痛 < 1個月)

例如：

激烈運動或姿勢不正確造成的
肌腱炎、韌帶或肌肉肌腱扭傷

處理方式：

可至社區藥局使用口服藥、
外用局部貼片、藥膏、噴劑
等方式控制疼痛

慢性 (持續疼痛 > 3個月)

例如：

骨關節炎、腕隧道症候群
等慢性疼痛疾病的症狀加重

處理方式：

初期發現長期疼痛最好由醫師做
詳細檢查確診原因
確診後如為慢性疼痛相關疾病
則也可考慮在社區藥局使用口服
或外用貼片、藥膏、噴劑等方式
控制症狀,搭配其他療程

常見的外用貼片成分和他們的功用

01

增加局部血流

水楊酸類

Camphor, Menthol

產生水涼感

02

03

消炎止痛

Ketoprofen,
Indomethacin,
Diclofenac,
Ibuprofen

辣椒膏系列

產生刺激感而
減輕深層疼痛

04

使用含有這些成分的外用藥品時須特別留意

雙氯芬酸

有以下情形請勿使用

- 懷孕期的最後三個月
- 曾對本藥或其他抗發炎止痛藥、退燒藥有過敏反應者

水楊酸類

有以下情形請勿使用

- 曾經對阿斯匹靈或水楊酸有過敏或敏感現象者



如果有以下狀況不建議自行處理

01 難以忍受的疼痛

02 症狀持續10天以上

03 疼痛感改變或
疼痛突然加劇

04 非由生理期造成的
骨盆腔處疼痛



疼痛外,還有暈眩、嘔吐
發燒等疑似感染症或其他
疾病發作症狀

肉眼可見的關節變形、動作
明顯改變、四隻無力或無感
懷疑骨折等

對象為孕婦及
兩歲以下的孩童

因背痛而無法
控制尿液或糞便

05

06

07

08