

Pain Gels, Sprays and Ointments

Diclofenac gel · Ketoprofen gel · Pain sprays

Your gel: Apply times a day

How to use it properly

- Squeeze out a length of gel about the size of your **index finger from tip to first crease** for a knee, half that for a wrist or elbow. Most people use far too little.
- **Rub it in gently for one to two minutes** until it disappears. Simply dabbing it on does nothing.
- **Wash your hands afterwards** — unless the hands are what you are treating, in which case wait an hour before washing.
- Let it dry before covering with clothes.

WHY WE OFTEN PREFER THE GEL TO THE TABLET

The gel puts the medicine where the pain is, and only a very small amount reaches the rest of your body. That makes it much safer for your stomach and kidneys than the same medicine as a tablet — which is why it is often the better choice if you are elderly, have kidney trouble, a past ulcer, or take blood thinners.

DO NOT DO THESE

Do not put a tight bandage, plastic wrap or a hot water bottle over the gel — heat and covering push far more medicine into the body.

Do not apply to broken skin, wounds, or a rash.

Do not use it on your eyes or mouth.

With ketoprofen gel, **keep the area covered from sunlight** for two weeks — it can cause a bad sun reaction.

THE GEL STILL COUNTS AS A PAINKILLER

If you are already taking anti-inflammatory tablets, adding the gel gives you extra risk for very little extra benefit. **Always tell us about every ointment, spray or patch you are using** — most people forget to mention them.

Note: Rubs such as Moov, Iodex and Amrutanjan work mainly by the warm or cool sensation and the massage. They are safe, but they are not the same as a medicated anti-inflammatory gel.

Search: diclofenac gel, pain ointment, volini, moov, spray, topical painkiller

