

# READY SET WORKRIGHT

## TOPICALS

### What are Over The Counter (OTC) Topicals?

**Counterirritants:** These topicals include ingredients such as menthol, methylsalicylate (oil of evergreen), and camphor which create a burning or cooling sensation that distracts your mind from the pain.

**Salicylates:** These are the same ingredients that give aspirin its pain-relieving quality and are found in some creams. When absorbed into the skin, they may help with pain, particularly in joints close to the skin, such as the fingers, knees and elbows.

**Capsaicin:** This is the main ingredient of hot chili peppers and is also one of the most effective ingredients for topical pain relief. It can be helpful for joint pain and for diabetic nerve pain. When first applied, capsaicin creams cause a warm tingling or burning sensation. This gets better over time. You may need to apply these creams for a few days up to a couple of weeks before you notice relief from pain.

## TOPICAL RULES

- Read the package insert and follow directions carefully. If there is an insert, save it to refer to later.
- Never apply them to wounds or damaged skin.
- Do not use them along with a heating pad, because it could cause burns.
- Do not use under a tight bandage.
- Wash your hands well when applying or wear gloves. Avoid touching sensitive areas with the product on your hands.
- If you are allergic to aspirin or are taking blood thinners, check with your doctor before using topical medications that contain salicylates.

