

# Deep Relief

IBUPROFEN and LEVOMENTHOL

Read all of this leaflet carefully before you start using this medicine.

- Keep this leaflet. You may need to read it again.
- If you have any further questions ask your doctor or pharmacist.
- This medicine may have been prescribed for you by your doctor. Do not pass it on to others. It may harm them even if their symptoms are the same as yours.
- This medicine is also available without prescription from your pharmacy. However, you still need to use Deep Relief carefully to get the best results from it.
- You must see a doctor if your symptoms do not improve after 2 weeks.
- If any of the side effects gets serious or if you notice any side effects not listed in this leaflet please tell your doctor or pharmacist.

#### In this leaflet:

1. What Deep Relief is and what it is used for
2. Before you use Deep Relief
3. How to use Deep Relief
4. Possible side effects
5. How to store Deep Relief
6. Further information

#### 1. What Deep Relief is and what it is used for

Deep Relief is a pain relieving gel to be applied to the skin. It is used for the relief of:

- Rheumatic pain (in muscles, tendons, joints or bones)
- Muscular aches and pains
- Pains and swellings such as strains, sprains and sports injuries.
- Non-serious arthritic pain (pain due to inflammation of a joint).

Deep Relief contains two active ingredients:

- Ibuprofen is one of a group of medicines called non-steroidal anti-inflammatory drugs (NSAIDs) which provide effective pain relief and reduce both inflammation and swelling.
- Levomenthol provides a soothing sensation to calm the pain.

#### 2. Before you use Deep Relief

##### Do not use Deep Relief if you:

- have an allergy to ibuprofen, menthol, or any of the ingredients in Deep Relief (see end of Section 2 and Section 6)
- have an allergy to aspirin or other pain-relieving medicines known as non-steroidal anti-inflammatory drugs (NSAIDs) including those you take orally by mouth
- have asthma and know that aspirin or NSAIDs may bring on an asthma attack, a runny nose (rhinitis), itching or rashes
- are more than 6 months pregnant
- are breast feeding
- have broken skin or your skin is infected or inflamed.

##### Do not use Deep Relief on:

- children under 12 years old
- your lips, nostrils, eyes, genital or anal areas, or other sensitive areas. If this occurs accidentally, wash away with plenty of clean water.
- the same area with other medicines that you put on the skin.

Deep Relief is only for use on the skin.

Do not take by mouth.

#### Take special care with Deep Relief

See your doctor before using Deep Relief if you:

- have ever had allergic symptoms such as skin rashes or itching caused by medicines or cosmetics
- have a kidney problem (now or in the past)
- have a stomach ulcer (now or in the past)
- are up to 6 months pregnant or think you might be pregnant
- are having problems conceiving or having fertility treatment.

Avoid getting Deep Relief on or near the eyes and other sensitive areas.

#### Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines you have bought without a prescription.

See your doctor before using Deep Relief if you are taking:

- aspirin
- any other pain relieving medicine
- any other medicines regularly.

#### Pregnancy and breast feeding

See your doctor if you are pregnant or think you might be pregnant. Do not use Deep Relief if you are more than 6 months pregnant.

Do not use Deep Relief if you are breast feeding.

Ask your doctor or pharmacist for advice before taking any medicine.

#### Important information about some of the ingredients of Deep Relief

Deep Relief contains:

- propylene glycol which may cause skin irritation.

### 3. How to use Deep Relief

Deep Relief is for adults and children over 12 years old.

- Always try on a small area first.
- Use 1-4 cm of gel each time you use Deep Relief.
- Apply the gel as a thin layer over the affected area.
- Gently rub in the gel until it is absorbed. You may notice a tingling sensation.
- Do not use more gel than recommended.
- Repeat these steps up to 3 times a day but no more. Do not use more often than every 4 hours. If the pain or swelling continues after using the gel for **2 weeks** see your doctor.
- Unless you are treating your hands always wash your hands immediately after use.
- Replace the cap tightly.
- Stop using Deep Relief if you get excessive skin irritation or other unwanted effects.

Do not cover the skin with bandages, plasters or any other dressing. However, it is safe to cover the skin with your clothes.

#### If you use more Deep Relief than you should

If you accidentally squeeze out too much gel use a tissue to wipe off any excess.

If you or a child accidentally swallow the gel contact your doctor or hospital immediately.

#### If you forget to use Deep Relief

Apply Deep Relief again when you remember making sure you do not use the gel more than 3 times in one day or more often than every 4 hours.

### 4. Possible side effects

Like all medicines, Deep Relief can cause side effects, although not everybody gets them.

**Stop using Deep Relief straight away and tell your doctor if you experience any of the following effects:**

- unexplained wheezing
- shortness of breath
- blisters or a rash on the skin
- itching, redness or bruising of the skin
- swelling of the face

A slight redness, drying, tingling or burning feeling may occur where you have applied the gel. This is not a cause for concern. However, if this gets worse stop using Deep Relief and tell your doctor. **Unwanted effects** may be reduced if you use the smallest dose for as short a time as possible.

More rarely you may suffer from:

- stomach pains or indigestion
- kidney problems if you have kidney disease.

**If any side effects get severe or if you notice any side effects not listed in this leaflet please tell your doctor or pharmacist.**

### 5. How to store Deep Relief

**Keep out of the reach and sight of children.**

Close the cap tightly and store in a cool place (below 25°C).

Do not use Deep Relief after the expiry date which is printed on the carton and tube. The 'expiry' date refers to the last day of that month.

Take any Deep Relief that is out of date to a pharmacist for disposal.

### 6. Further information

#### What Deep Relief contains

The active substances are:

- ibuprofen (5.0%w/w)
- levomenthol (3.0%w/w)

The other ingredients are propylene glycol, carbomer, diisopropanolamine, ethanol and water (see the end of Section 2).

#### What Deep Relief looks like and contents of the pack

Deep Relief is a clear gel.

Each tube contains 100g.

Marketing authorisation holder and manufacturer:



The Mentholatum Company Limited,  
East Kilbride, G74 5PE, Scotland, UK.  
Tel: 01355 848484

PL 00189/0027

For any information about this product please contact the manufacturer at the above address.

This leaflet was last approved 12/2009