

Patient Information Leaflet

Deep Heat Maximum Strength

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. Nevertheless you still need to use Deep Heat Maximum Strength carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms do not improve.
- If any of the side effects become serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

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

1. What Deep Heat Maximum Strength is and what it is used for

Deep Heat Maximum Strength is a non-greasy, pain relieving cream to be applied to the skin. It is used for the relief of muscular pains and stiffness including:

- Backache and lumbago
- Sciatica (pain in the lower back and thigh)
- Fibrositis (muscle tenderness or stiffness)
- Rheumatic pain (in muscles tendons joints or bones)
- Bruises
- Sprains

2. Before you use Deep Heat Maximum Strength

Do not use Deep Heat Maximum Strength if you have an allergy

- to any of the **ingredients** (see Section 6)
- to **painkillers** such as **aspirin, ibuprofen** and other **non-steroidal anti-inflammatory drugs (NSAIDs)**.

Do not use Deep Heat Maximum Strength on:

- children under 5 years of age

- your eyes or other sensitive areas. If this occurs wash away with plenty of clean water
- broken or inflamed skin.

Deep Heat Maximum Strength is only for use on the skin. Do not take by mouth.

Take special care with Deep Heat Maximum Strength

See your doctor before using Deep Heat Maximum Strength if you:

- are pregnant or breastfeeding
- have asthma

Taking other medicines

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

See your doctor before using Deep Heat Maximum Strength if you are taking

- medicines that thin the blood or prevent clots (including aspirin)

Pregnancy and breastfeeding

See your doctor before using Deep Heat Maximum Strength if you are pregnant or breastfeeding. Ask your doctor or pharmacist for advice before taking any medicine.

3. How to use Deep Heat Maximum Strength

Deep Heat Maximum Strength is for adults and children over 5 years.

- always try on a small area first
- gently massage a thin layer of Deep Heat Maximum Strength to the affected area until the cream is rubbed in
- apply Deep Heat Maximum Strength 2-3 times daily
- always wash your hands immediately after use so that you do not transfer it to sensitive areas such as your lips or eyes. If this occurs, wash away with plenty of clean water.
- if your symptoms do not improve see your doctor
- stop using Deep Heat Maximum Strength 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 Heat Maximum Strength than you should

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

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

If you forget to use Deep Heat Maximum Strength

If you forget to use the cream apply Deep Heat Maximum Strength again when you remember.

Do not use the cream more than 3 times in one day.

4. Possible side effects

Like all medicines Deep Heat Maximum Strength can cause side effects, although not everybody gets them.

The following effects may occur, particularly if you have sensitive skin or if you use Deep Heat Maximum Strength in hot weather or after a hot bath:

- temporary skin redness
- burning sensation
- rashes
- skin burns or blisters

Stop using Deep Heat Maximum Strength and tell your doctor if you experience excessive skin irritation or other unwanted effects.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of medicines.

5. How to store Deep Heat Maximum Strength

Keep out of the reach and sight of children.

Store below 25°C.

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

Take any Deep Heat Maximum Strength that is out of date to a pharmacist for disposal.

6. Further information

What Deep Heat Maximum Strength contains

The active substances are:

- Methyl salicylate 30.00% w/w
- Menthol 8.00% w/w

The other ingredients are sorbitan stearate, polyoxyethylene hexadecyl ether, glyceryl stearate, sodium lauryl sulfate, poloxamer 407 and water (see the end of Section 2).

What Deep Heat Maximum Strength looks like and contents of the pack

Deep Heat Maximum Strength is a white cream. Each tube contains 35g.

Marketing authorisation holder and manufacturer:

The Mentholatum Company Limited, East Kilbride, G74 5PE, Scotland, UK.

Tel: 01355 848484

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

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