



ADVICE FOR PATIENTS

HOW TO USE ZOSTRIX AND ZOSTRIX HP

Apply only a 'fingertip' amount to the affected area by gently massaging it with your fingers. You do not need to cover the whole painful area as the cream will act on nerves in the wide area. Don't apply more than a single blob – it won't work any better and just wastes the cream.

Always wash your hands after use unless you are using the cream on your hands. The cream can irritate your eyes if you accidentally touch or rub them with fingers that still have cream on them.

HOW OFTEN SHOULD YOU APPLY ZOSTRIX AND ZOSTRIX HP?

Little and often - apply the cream 4 times a day

BE A PATIENT PATIENT

Because Zostrix/Zostrix HP works so differently from other painkillers its effect builds up gradually over a period of days and weeks. Do not be disappointed if you do not immediate pain relief. Pain relief is gradual and may take up to 4-6 weeks to take full effect



DOES ZOSTRIX AND ZOSTRIX HP CAUSE ANY SIDE EFFECTS?

You may feel a brief burning sensation some time after you first apply the cream. This effect is normal, and tends to disappear with time. It is more common when the cream is applied less than 3-4 times a day, so it is important to apply the cream regularly, both to improve results and minimise this effect, if it happens.

If you experience any other side effects or are worried about your treatment consult your pharmacist or doctor.

IMPORTANT DON'TS

- ▶ Don't apply cream to cracked or broken skin
- ▶ Don't apply cream just after or before a hot bath or shower as it can make any stinging worse

FOR MORE INFORMATION

- ▶ Consult your doctor or pharmacist
- ▶ Read the patient information leaflet in each pack of Zostrix and Zostrix HP

