

Information for Patients about

Capsaicin Cream

(Zacin 0.025% and Axsain 0.075%)





Uses: Capsaicin cream is licensed for use in osteoarthritis or pain from shingles. It can also be used to treat other types of neuropathic pain. You are on this medicine to treat your pain.

Dosage: You should use the capsaicin cream regularly four times a day (with a gap of at least 4 hours between each application).

Administration:

- Apply a pea sized amount of capsaicin cream to the painful area and gently rub it in, so it is no longer visible. This avoids any excess left on the skin which can cause irritation to the eyes, nose and throat or breathing difficulties in some people.
- Avoid contact with eyes, mouth, nose or genitals.
- Wash hands thoroughly with soap and water after handling the capsaicin cream (or use gloves to apply).
- Do not use capsaicin cream on cut, hacked, raw, broken or irritated areas of the skin.
- Do not use tight bandages on top of the cream.
- If the cream causes a very hot or unpleasant sensation stop using it.
- Avoid additional heat in the area where the cream is used e.g. do not use hot water bottles, hot baths or showers.

Possible Side Effects:

The cream is made from an extract of peppers, so one of the side effects is a warm or burning type sensation when you apply it to the skin.



We advise you to read the information sheet included with your medication. If you have any questions about this medicine please contact your GP, community pharmacist or NHS 24 on **08454 24 24 24**.

Stopping Medications:

Stop using the cream if:

- You have been using the cream for 6 weeks and your pain had not reduced. (It can take up to 6 weeks for pain relief).
- You develop a skin reaction e.g. a rash.

NB. For patients using TENS

If using TENS and capsaicin cream together, apply the TENS pads first before applying the cream. Avoid trapping any ointment under the TENS pads.

This leaflet is a summary of some information. However, you should still always read the manufacturers information which comes with your medication.

