Ketoprofen gel for pain relief (Oruvail, Powergel, Tiloket)

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Apply ketoprofen gel two or three times daily unless you've been directed otherwise by your doctor. Gently massage it into the skin over the affected area.

Wash your hands well after using the gel. Ketoprofen gel can cause your skin to become more sensitive to sunlight than normal. Protect your skin during the treatment and for two weeks afterwards.

About ketoprofen gel

<table>
<thead>
<tr>
<th>Type of medicine</th>
<th>A non-steroidal anti-inflammatory skin gel</th>
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<tr>
<td>Used for</td>
<td>Treating pain and swelling due to strains, sprains, backache or arthritis</td>
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<tr>
<td>Also called</td>
<td>Oruvail®; Powergel®; Tiloket®</td>
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<tr>
<td>Available as</td>
<td>Skin gel</td>
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Ketoprofen is a medicine called a non-steroidal anti-inflammatory drug. It is often referred to simply as ‘an anti-inflammatory’, or sometimes as an ‘NSAID’. It works by preventing the production of some natural chemicals in your body which cause pain and inflammation. This leaflet deals with ketoprofen when it is applied topically to the skin. Ketoprofen can also be taken by mouth in the form of capsules - there is more information about this in a separate medicine leaflet called Ketoprofen for pain and inflammation.

When ketoprofen is applied to the skin as a gel, instead of it having an effect on all of your body, it only works on the area that you have applied it to. It is absorbed into your skin and then moves deeper into areas of your body where there is inflammation (for example, your muscle). Using a skin gel means that the total amount of ketoprofen in your body remains low. This in turn means that you are much less likely to have a side-effect from the medicine. Topical anti-inflammatories like ketoprofen are prescribed for adults - they are not generally suitable for use by children. Ketoprofen gel is available on prescription and you can also buy some smaller pack sizes without a prescription.

Before using ketoprofen gel

To make sure that this is the right treatment for you, before you start using ketoprofen gel it is important that you speak with a doctor or pharmacist:

- If you are pregnant or breast-feeding.
- If you have asthma or any other allergic disorder.
- If you have a skin condition - eczema, for example.
- If you have ever had an allergic reaction to a non-steroidal painkiller (such as aspirin, ibuprofen, diclofenac, and indometacin) or to any other medicine.
How to use ketoprofen gel

- Before you start the treatment, read the manufacturer's printed information leaflet from inside the pack. It will give you more information about ketoprofen and will provide you a full list of the side-effects which you could experience from using it.
- Apply a thin layer of the gel and gently massage it into the affected area. Wash your hands well after using the gel (unless you've applied it to treat your hands).
- Your doctor or pharmacist will tell you how often to use the gel. This will be between two and four times a day, usually for up to seven days. The directions will be printed on the label of the pack to remind you about what was said to you.
- If you forget to apply the gel at your usual time, don't worry, just apply it when you remember and then continue as before.

Getting the most from your treatment

- Try to avoid the gel coming into contact with your eyes, and do not apply it to any broken or irritated areas of your skin. If this does happen by accident, wash it off with warm water as soon as possible.
- It is important that you don't cover any area of skin that has been treated with the gel with any dressings or bandages. This is because more ketoprofen may be absorbed by your skin than is intended, and this could lead to unwanted effects.
- Ketoprofen will cause your skin to become more sensitive to sunlight than normal. This will also continue for about two weeks after you have stopped using it. It is important for you to avoid sunlight on bright days (even if it is cloudy), and to protect the treated areas of your skin with your clothing. You must not use sunbeds while you are using the gel, or for two weeks afterwards.

Can ketoprofen gel cause problems?

Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. The table below contains some of the ones associated with ketoprofen gel, although these do not commonly occur. The best place to find a full list of the side-effects which can be associated with the gel, is from the manufacturer's printed information leaflet supplied with it. Alternatively, you can find an example of a manufacturer's information leaflet in the reference section below. Speak with your doctor or pharmacist if any of the following continue or become troublesome.

<table>
<thead>
<tr>
<th>Ketoprofen gel side-effects</th>
<th>What can I do if I experience this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin irritation, such as feelings of burning or itching</td>
<td>If severe, stop using the gel and this should clear within a day or two. If it continues or gets worse, consult your doctor as soon as possible</td>
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<tr>
<td>Skin rash</td>
<td>Stop using the gel and speak with your doctor</td>
</tr>
<tr>
<td>Breathing difficulties</td>
<td>If you have asthma, symptoms such as wheeze or breathlessness can be made worse. Stop using the gel and speak with a doctor</td>
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If you experience any other symptoms which you think may be due to the gel, speak with your doctor or pharmacist for further advice.

How to store ketoprofen gel

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.
Important information about all medicines

Make sure that the person supplying this medicine knows about any other medicines that you are using. This includes medicines you buy and herbal and homeopathic medicines.

If you buy any medicines, check with a pharmacist that they are safe to use with your other medicines.

If you suspect that someone has swallowed some of this medicine by accident, go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

If you are having an operation or dental treatment, tell the person carrying out the treatment which medicines you are using.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

Further reading & references

- Manufacturer's PIL, Oruvail® Gel 2.5%; Sanofi, The electronic Medicines Compendium. Dated June 2014.

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Author: Helen Allen
Peer Reviewer: Dr Adrian Bonsall

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