

## **GEBAUER'S PAIN EASE®**

### **INDICATIONS FOR USE:**

Gebauer's Pain Ease Mist Spray and Medium Stream Spray are vapocoolants (skin refrigerants) intended for topical application to skin, intact mucous membranes (oral cavity, nasal passage ways and the lips) and minor open wounds. Pain Ease controls pain associated with injections (venipuncture, IV starts, cosmetic procedures), minor surgical procedures (such as lancing boils, incisions, drainage of small abscesses and sutures) and the temporary relief of minor sports injuries (sprains, bruising, cuts and abrasions). Pain Ease Medium Stream Spray is also intended for use as a counterirritant in the management of myofascial pain, restricted motion and muscle tension.

### **PRECAUTIONS:**

1. Do not spray in the eyes.
2. Do not use this product on diabetics or persons with poor circulation or insensitive skin.
3. When used to produce local freezing of tissues, adjacent skin areas should be protected by an application of petroleum. The thawing process may be painful, and freezing may lower local resistance to infection and delay healing.
4. Over application of the product might alter skin pigmentation.
5. Do not use on large areas of damaged skin, puncture wounds, animal bites or serious wounds.
6. Do not use on genital mucous membranes.
7. Apply only to intact mucous membranes.

**ADVERSE REACTIONS:** Freezing can occasionally alter skin pigmentation.

### **CONTRAINDICATIONS:**

Pain Ease is contraindicated in individuals with a history of hypersensitivity to 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane. If skin irritation develops, discontinue use.

### **WARNINGS:**

For external use only. Contents under pressure. For use on minor open wounds only.  
For use on intact mucous membranes only.

### **KEEP OUT OF THE REACH OF CHILDREN**

### **INSTRUCTIONS:**

To apply Pain Ease from the aerosol can, hold the can upright over the treatment area approximately 8 to 18 cm (3 to 7 inches) away from the application site. Press the actuator button firmly, allowing Pain Ease to spray from the can.

**If the aerosol can quits spraying, turn the white actuator button approximately 1/2 turn, then point the nozzle at the treatment area and press the actuator button firmly.**

1. **PRE-INJECTION ANESTHESIA:** Prepare the syringe. Swab the treatment area with an antiseptic. Spray the treatment area with Pain Ease continuously for 4 to 10 seconds from a distance of 8 to 18 cm (3 to 7 inches) until the skin just turns white. Do not frost the skin/area. Avoid spraying of the target area beyond this state. With the skin taut, quickly introduce the needle. Reapply as needed. Follow these directions for other types of needle insertion procedures such as starting IV's and venipuncture.
2. **TOPICAL ANESTHESIA IN MINOR SURGERY:** Clean the operative site with a suitable antiseptic. Apply petroleum to protect the adjacent area. Spray Pain Ease on the treatment area continuously for 4 to 10 seconds from a distance of 8 to 18 cm (3 to 7 inches) until the skin just turns white. Do not frost the skin/area. Avoid spraying of the target area beyond this state and promptly make incision. The anesthetic action of Pain Ease lasts a few seconds to a minute. Reapply as needed.

3. **TEMPORARY RELIEF OF MINOR SPORTS INJURIES:** The pain of bruises, contusions, swelling, minor sprains, cuts and abrasions may be controlled with Pain Ease. The amount of cooling depends on the dosage. Dosage varies with duration of application. The smallest dose needed to produce the desired effect should be used. The anesthetic effect of Pain Ease rarely lasts more than a few seconds to a minute. This time interval is usually sufficient to help reduce or relieve the initial trauma of the injury. Spray Pain Ease on the target area continuously for 4 to 10 seconds from a distance of 8 to 18 cm (3 to 7 inches) until the skin just turns white. Do not frost the skin. Avoid spraying of skin beyond this state. Reapply as needed.
4. **SPRAY AND STRETCH TECHNIQUE FOR MYOFASCIAL PAIN (Pain Ease Medium Stream Spray Only):** Pain Ease Medium Stream Spray may be used as a counterirritant in the management of myofascial pain, restricted motion and muscle tension. Clinical conditions that may respond to Pain Ease Medium Stream Spray include low back pain (due to tight muscles), acute stiff neck, torticollis, acute bursitis of the shoulder, tight hamstrings, sprained ankle, tight masseter muscles and referred pains due to irritated trigger points. Relief of pain facilitates early mobilization and restoration of muscle function. The Spray and Stretch Technique is a system that involves three stages: Evaluation, Spraying and Stretching. The therapeutic value of the Spray and Stretch technique is most effective when the practitioner has mastered all of the stages and applies them in the proper sequence.
  - a. **Evaluation:** If the patient has been evaluated to have muscle tension and restricted motion caused by an active, irritated trigger point then proceed to Step B
  - b. **Spraying:**
    - i. Have the patient assume a comfortable position.
    - ii. Take precautions to cover the patient's eyes if spraying near the face.
    - iii. Hold the can upright. From a distance of 30 to 46 cm (12 to 18 inches), aim the stream so it meets the skin at an acute angle, lessening the shock of impact
    - iv. Direct the spray in parallel sweeps 1.5 to 2 cm (0.5 to 1 inch) apart at the rate of approximately 10 cm per second (4 inches per second). Continue until the entire muscle has been covered. The number of sweeps is determined by the size of the muscle. The spray should be applied from the muscle attachment over the trigger point, through and over the reference zone.
  - c. **Stretching:** Passively stretch the muscle during spray application. Gradually increase the force with successive sweeps. As the muscle relaxes, smoothly take up the slack by establishing a new stretch length. It is necessary to reach the full normal length of the muscle to completely inactivate the trigger point and relieve the pain. Rewarm the muscle. If necessary, repeat the procedure. Apply moist heat for 10 to 15 minutes following treatment. For lasting benefit, eliminate any factors that perpetuate the trigger mechanism.

**CONTENTS:** 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane

**STORAGE:** Do not puncture or incinerate container. Do not expose to heat or store at temperatures above 50°C (120°F).

**DISPOSAL:** Dispose of in accordance with local and national regulations.

**HOW SUPPLIED:**

3.5 fl. oz. (103.5mL) Aerosol Can

Gebauer's Pain Ease® Mist Spray

P/N 0386-0008-02

Gebauer's Pain Ease® Medium Stream Spray

P/N 0386-0008-03