

FUNGAL CREAM

Purpose: For the treatment of fungal infections in your groin or on your feet

Directions: Rub on area suspected of being a fungal infection twice or three times daily. Wash area first and dry as best as possible.

AFRIN (Oxymetazoline) Nasal Spray

Purpose: For the treatment of a bloody nose or nasal congestion.

Directions: For a bloody nose, gently blow the clots out of your nose and then spray two sprays up each nostril. The bleeding should stop within a few minutes. If it does not, repeat the procedure. It might take 2 – 3 times to stop the bleeding, but usually it will stop the first time. You can use this for nasal congestion, but it is not recommend as over- use of this drug in time damage the surface of the nose. So is you are going to use it for congestion, use it sparingly.

HYDROCORTISONE OINTMENT 1%

Purpose: For the treatment of allergic skin reactions – or rashes

Directions: Rub on an allergic rash twice or three times daily. Local allergic skin reactions can be caused by rubbing a bush, a bee sting or a spider bite. Eczema is a type of allergic reaction but people usually know that they have this already. Often you will need to take Methylprednisolone or prednisone also, but try this first. This ointment is not got for a system wide skin reaction such as if you swallow something you are allergic to. This is also not effective against anaphylaxis.

IBUPROFEN 800 mg

Purpose: This is for pain management.

Directions: Take 1 tablet every 6 hours (you can take ½ a tablet if you want also)

Ibuprofen is good for any pain. You have taken this before. To be most effective it should be taken regularly. It can be a little hard on your stomach and prolonged use is hard on the kidneys.

SALINE EYE DROPS

Purpose: For the treatment of eye irritation, or small objects in the eye

Directions: Put 1 or 2 drops in the affected eye(s) every 3 or 4 hours