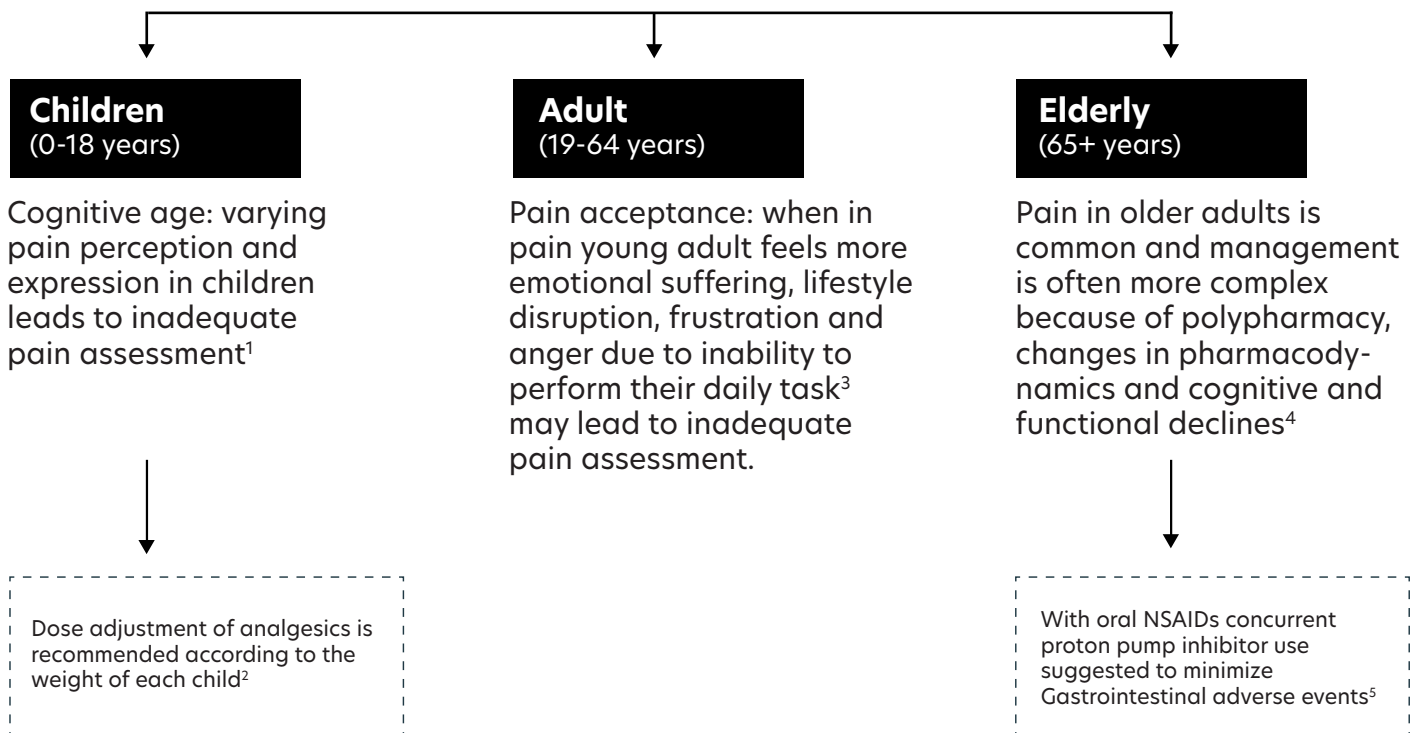




Age tailored pain treatment guide

Ask: How old are you?

Assess the risks and benefit associated with patient's age groups prior to prescribing medications for pain.



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OTC analgesics for pain treatment across age groups

	Paracetamol	Paracetamol combination	Oral NSAIDs	Topical NSAIDs
Age groups	Paracetamol is antipyretic and analgesic medication is suitable across age groups , also recommended for pain management *when NSAIDs are contraindicated. It is best used for -	Paracetamol combinations with other analgesics such as †Oral NSAIDs OR ‡ topical NSAIDs OR Opioids have superior effectiveness compared to single agents. It is best used when pain intensity increases for -	Oral NSAIDs such as Ibuprofen, Diclofenac, Naproxen etc. are anti-inflammatory analgesics are advised to co prescribed with a proton pump inhibitor to overcome GI bleeding risk. Oral NSAIDs is best used for-	Topical NSAIDs for e.g. Diclofenac, indomethacin in the form of gel, spray, patch or plasters have low systemic exposure. Topical NSAIDs are best used for-
Children (0-18 years)	✔ Fever and mild to moderate Pain ¹ , sore throat pain ² , Dental pain ^{4*} , TTH ¹⁰ and Acute Migraine ^{3,10}	✔ Dental pain ^{4†}	✔ Dental pain ⁴ , Migraine ⁶ , Sore throat pain ² , TTH ¹⁰ , Fever and mild to moderate Pain ¹	✔ NA
Adult (19-64 years)	✔ Acute migraine ^{6*} , Knee OA ⁵ , Sore throat pain ² , Dental pain ^{4*} , fever and mild to moderate pain ¹ , and LBP ⁸	✔ Dental pain ^{4†} , LBP ^{13†} , Migraine ^{14†} and MSK pain ^{7,15†‡}	✔ Dental pain ⁴ Migraine ⁶ , Knee OA ⁵ , Sore throat pain ² , TTH ¹⁰ , LBP ⁸ and PD ¹⁶	✔ MSK pain ⁷ , Knee OA ⁵ and acute LBP ⁹
Elderly (65+ years)	✔ Fever and mild to moderate pain ¹ , Knee OA ⁵ , Dental pain ^{4*} , Sore throat pain ² , TTH ¹⁰ , LBP ⁸ , Migraine ³ and MSK ¹¹	✔ Dental pain ^{4†} , and MSK Pain ^{7,15†‡}	✔ Dental Pain ⁴ , Knee OA ⁵ , Sore throat pain ² , TTH ¹⁰ , LBP ⁸ and Migraine ³	✔ MSK pain ⁷ , Knee OA ⁵ and acute LBP ⁹
	✔ Avoided or dose adjustment needed in elderly ¹² or patient with hepatic impairment , renal impairment, also in patient with severe alcohol use.	✔ See individual medications e.g. paracetamol or other active ingredients used in the combinations thereof.	✔ Avoided in elderly ¹² or Patients with: <ul style="list-style-type: none"> • Known hypersensitivity or allergy • Asthma, angioedema, urticaria, or acute rhinitis • Active gastric or intestinal ulcer • Severe cardiac failure • Hepatic failure • Renal failure • Last trimester of pregnancy 	✔ Avoided in patients with: <ul style="list-style-type: none"> • Known hypersensitivity • Asthma, angioedema, urticaria, or acute rhinitis • Risk of skin sensitivity • During the last trimester of pregnancy
	Max dose: 4000 mg/kg, 2000 mg/kg (elderly or patient with kidney impairment)	Max dose: 4000 mg/kg, 3000 mg/kg (elderly or patient with kidney impairment)	Max dose: Ibuprofen: 1200 mg/day; Naproxen 1000mg/day; Diclofenac: 150mg/day.	Max dose: Diclofenac 1% or 3% gel: Apply 3-4 times/day up to 7 days ⁹
	Text: First-line	Text: Second line	Text: Suitable for	

Abbreviations:
MSK: Musculoskeletal;
OA: Osteoarthritis;
LBP: Low Back pain;
TTH: Tension type headache and
PD: primary dysmenorrhea

Selection of OTC medication:

Pain relief medications vary widely in their suitability across different age groups.

Haleon Pain portfolio covers all age groups

Children

1. Panadol kids
2. Panadol Advance
3. Advil kids
4. Advil liqui-gel

Adult

1. Panadol Joint
2. Panadol Extra
3. Voltaren 1% & 2% gel
4. Advil liqui-gel

Elderly

1. Panadol Joint
2. Panadol Extra
3. Voltaren 1% & 2% gel
4. Advil liqui-gel

Use OTC cautiously in case of:

1. Other concurrent medications, including natural remedies
2. Pre-existing medical conditions
3. Smoking/alcohol consumption
4. Patient >65
5. Allergies

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