

WHAT IS ACUTE PAIN?

Acute Pain happens suddenly, starts out sharp or intense, and serves as a warning sign of disease or threat to the body.

When **Acute Pain** goes away, you can go on with life as usual. However, if not appropriately treated, acute pain can turn into chronic pain.

FEATURES OF ACUTE PAIN



Short lived, usually less than 3-6 months



Initially severe, with the pain subsiding as healing takes place



Reasons can be trauma, surgery, acute medical conditions or a physiological process



Responds well to conventional analgesia

COMMON SIGNS AND SYMPTOMS OF ACUTE PAIN INCLUDE

- » Sharp Pain
- » Stabbing Pain
- » Burning Pain
- » Throbbing
- » Numbness
- » Weakness
- » Tingling

Paraconica® PLUS

Paracetamol 500mg + Ibuprofen 150mg

INDICATED FOR TEMPORARY RELIEF OF:

Acute pain associated with:

- MENSTRUAL PAIN
- DENTAL PAIN
- HEADACHE ETC.

Fever due to:

- FLU
- VIRUSES
- MINOR INFECTIONS

DOUBLE ACTION FOR FASTER RELIEF



Directions for use:

Take 1-2 tablets every 6 hours as needed. Do not exceed 8 tablets in a 24 hour period.

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DOUBLE ACTION PAIN RELIEF

& POTENT FEVER REDUCER



2 POWERFUL INGREDIENTS



2 WAYS TO FIGHT PAIN

FOR RAPID PAIN & FEVER RELIEF THAT LASTS

FOR ACUTE PAIN AND FOR FEVER DUE TO THE FLU, VIRUSES & MINOR INFECTIONS GET RAPID ONSET OF ACTION FOR QUICK, LASTING RELIEF WITH PARACONICA PLUS

PAIN FREE PERIODS ARE POSSIBLE

What can menstrual pains feel like?

Period pains can feel like intense throbbing or cramping, or a dull continuous aching sensation in the lower abdomen. The pain can spread to the lower back and thighs. It usually starts 1 to 3 days before menstruation, peaks 24 hours after onset, and subsides within 2 to 3 days.

Common Symptoms Include:

- ▶ HEADACHES
- ▶ BREAST PAIN
- ▶ BACK PAIN
- ▶ BLOATING
- ▶ MOOD SWINGS

What can I do at home to manage my period pain?

LIGHT EXERCISE:

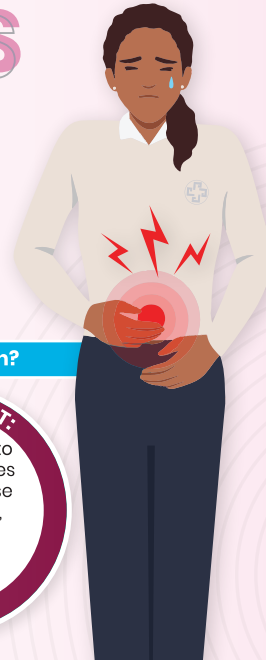
Physical activity can release pain-blocking endorphins and reduce bloating.

DIET:

Avoid animal products and processed foods which can increase oestrogen and cramps

APPLY HEAT:

Heat helps to relax muscles and increase blood flow, reducing cramp severity.



DO AWAY DENTAL WITH PAIN

What causes dental pain?

A toothache or dental pain is caused when the nerve in the root of a tooth or surrounding a tooth is irritated. Bacteria growing inside your mouth can contribute to gum disease and dental decay, both of which can cause pain.

What can I do at home to manage my dental pain, until I can visit my trusted dentist?

Some "Tooth Root" Irritants Are:

- ▶ TOOTH DECAY
- ▶ CRACKED TOOTH
- ▶ LOOSE FILLING
- ▶ DENTAL ABSCESS
- ▶ TEETH GRINDING

GARGLE SALT WATER:

Rinse mouth with saltwater to help loosen debris between teeth, kill bacteria and promote healing.

CLOVE:

Cloves can reduce pain and inflammation, as they contain a known antiseptic.

COLD COMPRESS:

Slows blood flow to the affected area which helps numb the pain and reduce swelling.



HELLO HEADACHE FREE DAYS

What are headaches?

A headache is pain or discomfort in the head or face. Headaches vary greatly in terms of the location, intensity and frequency of the pain. Headaches are classified as either primary (the headache is the main medical issue) or secondary (due to another medical condition).

The Primary Headaches Are:

- ▶ TENSION
- ▶ CLUSTER
- ▶ MIGRAINES

What can I do at home to manage my headache?

AVOID YOUR TRIGGERS:

Learn what generally triggers a headache and avoid those stimuli as best as possible.

CHOOSE QUIET & DARK:

Flickering lights, glare and noise can make headaches worse, especially migraines.

STRESS MANAGEMENT:

You cannot avoid daily stress, but you can learn to manage it, by taking a break if you feel overwhelmed.



FIGHT THAT FEVER

What is a fever?

Fever is a rise in body temperature above the normal temperature, which is around 37°C in most people. The cause of fever is usually an infection of some kind, caused by viruses, bacteria, or even some chronic illnesses.

Common Symptoms Include:

- ▶ HOT SKIN
- ▶ FLUSHED FACE
- ▶ SHIVERING
- ▶ FEELING UNWELL
- ▶ LOW URINE OUTPUT

What can I do at home to manage my fever?

DRINK PLENTY FLUIDS:

You may likely sweat more with a fever, so keeping hydrated can help speed up recovery.

SPONGE EXPOSED SKIN:

Place a cool, wet cloth on the forehead or back of the neck. Use room temperature water, not cold.

REST:

Rest allows the immune system to help address the cause of the fever more effectively.



Over-the-counter pain relievers like paracetamol and ibuprofen can help to temporarily relieve menstrual cramps, dental pain, severe headaches and fever due to the flu, viruses and minor infections.