

DIRECTIONS FOR USING TOPICAL CREAM

In order to obtain the best results from topical creams, you should do the following:

For women: Remove all make-up and try at night first. It can be applied under make-up however you must wait 30 minutes after application to apply make-up.

1) Apply a warm wet washcloth or heating pad to the area for about 10 minutes. This will help improve blood circulation in the area and help the cream penetrate to the desired site.

2) Apply enough cream to the affected area (about a dime size amount). Rub the cream into the skin, then wash hands well. You may apply the cream every 4-6 hours or whenever needed.

3) Before reapplying the cream, clean the area with warm, soapy water. This will help prevent a barrier that may slow down the absorption of the medication.

IF YOU EXPERIENCE ANY SKIN IRRITATION OR ALLERGIC REACTION, DISCONTINUE IMMEDIATELY AND CALL: