PATIENT & CAREGIVER EDUCATION

Pentafluoropropane and Tetrafluoroethane

This information from Lexicomp® explains what you need to know about this medication, including what it’s used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US
Gebauer’s Instant Ice [OTC]; Gebauer’s Pain Ease; Gebauer’s Spray and Stretch

What is this drug used for?

- It is used to ease pain from muscle and sports injuries.

What do I need to tell my doctor BEFORE I take this drug?

- If you have an allergy to pentafluoropropane, tetrafluoroethane, or any other part of this drug.
- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have any of these health problems: High blood sugar
(diabetes) or poor blood flow.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- This drug may cause harm if swallowed. If this drug is swallowed, call a doctor or poison control center right away.
- Tell your doctor if you are pregnant or plan on getting pregnant. You will need to talk about the benefits and risks of using this drug while you are pregnant.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

What are some side effects that I need to call my doctor about right away?

**WARNING/CAUTION:** Even though it may be rare, some
people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

- A burning, numbness, or tingling feeling that is not normal.

- Irritation where this drug is used.

**What are some other side effects of this drug?**

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Change in color of skin.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You
may also report side effects at https://www.fda.gov/medwatch.

**How is this drug best taken?**

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Do not take this drug by mouth. Use on your skin only. Keep out of your mouth, nose, and eyes (may burn).
- Hold upright about 3 to 7 inches (8 to 18 cm) from the treatment area.
- Put on affected part only.
- If using for sports injuries or care, spray hurt part for 4 to 10 seconds until skin begins to turn white. Do not frost the skin.
- If you are using this drug for muscle tension or spasms, spray affected muscle until skin begins to turn white. Do not frost the skin. Right after putting this drug on, stretch the muscle gently.
- Do not put this drug on the face.
- Do not put on open wounds, cuts, or irritated skin.

**What do I do if I miss a dose?**

- This drug is used on an as needed basis. Do not use more often than told by the doctor.

**How do I store and/or throw out this drug?**
• Store at room temperature.

• Protect from heat or open flame. Do not puncture or burn even if it seems empty.

• Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.

• Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

**General drug facts**

• If your symptoms or health problems do not get better or if they become worse, call your doctor.

• Do not share your drugs with others and do not take anyone else’s drugs.

• Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.

• Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.

• If you think there has been an overdose, call your poison
control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

**Consumer Information Use and Disclaimer**
This information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of using this medicine.

**Last Reviewed Date**
2018-09-28

**Copyright**
© 2020 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.
If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.