

# 1,001 HIGH-RISK PHARMACEUTICALS FOR HEAT THERAPIES

Excerpted from:

## *The* **ESSENTIAL MASSAGE COMPANION**

*Everything You Need to Know  
to Navigate Safely Through Today's Drugs and Diseases*

**Dr. Bryan A. Born**

As a health care professional, you are responsible for every technique and therapy you provide for your clients. You must safeguard their health and well-being. This is a listing of all pharmaceuticals listed in *The Essential Massage Companion* that either require cautionary supervision or contraindicate the use of heat therapies. Refer to this text for bibliographical references. This is only a partial list. This should be used only as a general reference and not as the ultimate source of information. It is not intended in any way to treat any illness.

Heat therapies include (but are not limited to): hydrocollator packs, microwaved seed packs, hot stone therapy, mineral baths, paraffin wax, sitz baths, electric heating pads (such as the Thermophore®), heating wraps, steam baths, saunas, hot water bottles and hot compresses.

There are a number of possible reasons why a client on a certain pharmaceutical would require a contraindication for heat therapies. One such example would be that central nervous system stimulants (such as Ritalin) inhibit the smooth muscle control, thereby inhibiting the vasoconstriction and vasodilation of the peripheral blood vessels. This in turn can produce a dangerous build-up of heat superficial to the fatty layer of skin, and before the pain sensors have registered the temperature, the client will burn. (Think of a sunburn: by the time you feel it, you're toast.)

Please refer to *The Essential Massage Companion* for a more comprehensive explanation of each specific drug, cross-referenced by brand and generic name for instant access. This book is the ONLY book available for massage professionals that combines over 3,000 medications with more than 500 diseases for a comprehensive contraindication quick-reference guide. Available at Amazon.com, our toll-free order line (800) 247-6553, or visit our website at [www.TheEssentialMassageCompanion.com](http://www.TheEssentialMassageCompanion.com)

# ONE BURNED CLIENT CAN RUIN YOUR ENTIRE WEEK

## Client Pharmaceuticals that CONTRAINDICATE all heat therapies:

Absorbine	B-A-C	Citanest	dexamethasone	Fiorgen	Kolephrin
Aclovate	baclofen	Clarinox	dexbrompheniramine	Fioricet	Kytril
acrivastine	Banalg	Claritin	dexchlorpheniramine	Fiorinal	Lanacort
Actagen	Bancap	clemastine	Dexedrine	Fiortal	Lanorinal
Actamine	Banflex	clobetasol	dexmethylphenidate	Flexall	Lemoderm
actiCare	Banophen	clobetasone	Dexone	<b>Flexeril</b>	Leritine
Acticort	Barbidonna	clocortolone	dextroamphetamine	Flexoject	Levo-Dromoran
Actifed	Beclomethasone	Cloderm	dextromethorphan	Florone	levorphanol
Adderall	Beconase	Clopra	Dextrostat	flumethasone	Levothroid
Adipex-P	Beldin	CoActifed	DiabetAid	fluocinolone	levothyroxine
Aeroseb	Belix	codeine	difforasono	fluocinonide	Levoxine
Afrin	Ben Gay	Co-gesic	diflucortolone	Fluonex	Levoxyil
Alagesic	<b>Benadryl</b>	Compazine	Dilaudid	Fluonid	Lidex
Alavert	Benylin	Comtrex	dimenhydrinate	fluphenazine	lidocaine
alclometasone	Benzacot	Concerta	Dimetabs	Flurosyn	Lidoderm
Alka-Seltzer	benzonatate	Congestac	Dimetane	flurrenolide	Lioresal
Allegra	Betaderm	Contact	Dimetapp	Flutex	liothyronine
Aller-Chlor	Betalene	Cordran	Dinate	fluticasone	liotrix
Allercon	Betamethacort	Coristex	Diphedryl	Focalin	Locacorten
Allercort	betamethasone	Cormax	Diphenhist	Fortabs	Locoid
Allerfrim	Betatrex	Cortaid	diphenhydramine	Fortral	Lodrane
Allerphed	Biofreeze	Cort-dome	diphenylpyraline	Frova	Lonide
almotriptan	Blue-Emu	Cortenema	Diprolene	frovatriptan	loratadine
Alocane	Blue-Stop	Cortifair	Diprosone	Genac	Lorcet
Alor	Bodyglide	Cortiment	Disipal	Genagesic	Lortab
Aloxi	Boiron	Cortisol	Dizmiss	Genahist	loxapine
Alphaderm	Bonine	Cortoderm	Dolacet	Genatuss	Loxitane
Alphatrex	Boroleum	Cortril	dolasetron	granisetron	L-Triiodothyronine
Altryl	bromodiphenhydramine	Cotanal	mesylate	Guaifenes	Maolate
Amaphen	brompheniramine	Cotridin	Dolophine	Gynecort	Marcaine
amcinonide	BroveX	cromolyn	doxylamine	Halciderm	Margesic
Amerge	bupivacaine	Cutivate	Dramamine	halcinonide	Marinol
Americet	Buprenex	cyclizine	Dramanate	Haldol	Marmal
amphetamine	buprenorphine	cyclobenzaprine	Dristan	halobetasol	Maxalt
Anestacon	Buscopan	Cyclocort	dronabinol	Halog	Maxeran
Anexsia	Butace	Cycloflex	droperidol	haloperidol	Maxidone
anileridine	butalbital	Cylert	Duocaine	Heet	Maxiflor
Anolor	butorphanol	cyproheptadine	Duocet	Hexadrol	Maxivate
Anoquan	Caldecort	Cytomef	Duramorph	Histenol	Maxolon
Antiflex	Calm-X	Damason	Duranest	Hycomine	McCort
Antivert	Calmydone	Dantrium	Duratuss	Hycort	medizine
Antrizine	Calmylin	dantrolene	Dymenate	Hyderm	medizine
Anucort	Capex	<b>Darvocet</b>	Efidac	Hydrate	hydrochloride
Anzemet	Capsaisin	Darvon	eletriptan	Hydrocet	Medigesic
Apo-Metoclopr	Carbacot	Dayhist	Elidel	hydrocodone	Medrol
aprepitant	carbetapentane	DayQuil	Elocon	hydrocortisone	Meni-D
Aprodine	carbinoxamine	Decaderm	E-Lor	Hydrocream	Mentholatum
Arcet	Carbocaine	Decadron	Eltroxin	Hydrogesic	meperidine
Aristocort	carisoprodol	Delta-Tritex	Embeline	hydromorphone	mepivacaine
<b>Armour Thyroid</b>	Carmol	Demerol	Emend	Hydrostat	Meprolone
Arnica	Celestoderm	Dentipatch	EMLA	hydroxyzine	Mersyndol
Aspercreme	Cenafed	Dermacort	Emocort	Hy-Phen	mesoridazine
Astelin	Ceta-Plus	Dermatop	Endocet	Hytone	Metadate
Astramorph	cetirizine	DermiCort	Endodan	<b>Icy-Hot</b>	metaxalone
Atarax	Cheracol	Dermolate	Endolor	Imitrex	methadone
atomoxetine	Chlo-Amine	Dermovate	Entex	Inapsine	Methadose
Atridine	chloroprocaine	Dermtex	Epimorph	lonamin	methapyriene
Avinza	chlorphenesin	Desiccated thyroid	Esgic	Isollyl	methdilazine
Axert	chlorpheniramine	desloratadine	etidocaine	Joint-Ritis	methocarbamol
Axotal	Chlor-Pheniton	desonide	Eumovate	Kadian	Methylin
azatadine	chlormpromazine	DesOwen	Ezol	Kenalog	methylphenidate
Azdone	Chlor-Trimeton	desoximetasone	Fastin	Kenonel	methylprednisolone
azelastine	chlorzoxazone	Dexameth	fexofenadine	Kinesed	methysergide

## Client Pharmaceuticals that CONTRAINDICATE all heat therapies (Cont'd):

metoclopramide	Penecort	Robaxin	Thyrolar	Zanaflex
Mineral-Ice	Penntuss	Robitussin	Tigan	Zanryl
Mio-Rel	pentazocine	Rondec	Tiger-Balm	Zebutal
Moban	Percocet	ropivacaine	tizanidine	Zephrex
molindone	Percodan	Roxanol	Tolu-Sed	Zofran
mometasone	Percolone	Roxicet	Topicort	zolmitriptan
morphine	Permitil	Roxicodone	Topilenem	Zomig
MSIR	perphenazine	Roxilox	Topisone	Zostrix
Myolin	Pharmasave	Roxiprin	Torecan	Zydone
MyoRx	Phenergan	Ru-Tuss	Touro	Zyrtec
Myotrol	phenindamine	Ru-Vert-M	tramadol	
nalbuphine	pheniramine	Ryna	Transderm-Scop	
naratriptan	phenothiazines	Rynatuss	Triac	
Naropin	phentermine	Sansert	Triacet	
Nasalcrom	phenylpropanolamine	scopolamine	Triacin	
NatraBio	phenyltoloxamine	Scot-Tussin	Triafed	
Navane	Phiten	Sensorcaine	triamcinolone	
Nerisone	pimecrolimus	Sential	Triaminic	
Nesacaine	Pneumotussin	Serentil	Triderm	
Norco	Polocaine	Silafed	Tridesilon	
Norflex	Pontocaine	Sinufed	trifluoperazine	
Novahistex	PPA	Sinutab	Trilafon	
Novahistine	prednicarbate	Skelaxin	Trimazide	
Novocaine	Preparation-H	Skelex	Trimeprazine	
Nubain	Prevox	Sloan's	trimethobenzamide	
Nucofed	prilocaine	Soma	Triofed	
Nucotuss	Primatuss	S-P-T	tripelennamine	
Numorphan	procaine	Stadol	Tripesed	
Nupercainal	prochlorperazine	Stagesic	triprolidine	
NyQuil	ProctoCream	Statex	Triptifed	
Nytcold	ProfenII	Stelazine	Triptone	
Nytime	Prolixin	Stopain	Tussafed	
Octamide	Proloid	Strattera	Tussilyn	
Olux	Prometh	Suboxone	Tussionex	
OMS Concentrate	Promethazine	Sudafed	Tussi-Organidin	
ondansetron	Propacet	sumatriptan	Tussirex	
opium	Propaderm	Supeudol	Tusso	
Orabase	propoxyphene	Synacort	Tylox	
Oramorph	Protuss	Synalar	Ultra Blue	
Oraqix	pseudoephedrine	Synemol	Ultracet	
Orfro	Psorcon	Synthroid	Ultram	
orphenadrine	pyrilamine	Talwin	Unguentine	
Orphenate	Quelidrine	Tanta	Unicort	
oxycodone	Reclomide	Tavist	Unithroid	
OxyContin	Rederm	Teladar	Uni-Tussin	
Oxydose	Reglan	Teldrin	Utravate	
OxyFAST	Rela	Temgesic	Valisone	
oxymetazoline	Relaxazone	Temovate	Vanacet	
oxymorphone	Relpax	Tencet	Vanadom	
Pacaps	Remular	terpin hydrate	Vancenase	
palonosetron	Rentamine	tetracaine	Vanex	
Panacet	Repan	T-Gesic	Vergon	
Panasal	Rescon	TheraFlu	Versacaps	
Pantopon	Rescudose	Thera-Gesic	Vicks	
Paraflex	Respa	thiethylperazine	<b>Vicodin</b>	
Parafon Forte	Respire	thiothixene	Vistaril	
Paveral	Rhinosyn	Thorazine	Watkins	
PediaCare	Rhulicort	Thyral	Westcort	
Pel	<b>Ritalin</b>	thyroglobulin	Westhroid	
PemADD	rizatriptan	thyroid	Wygesic	
pemoline	RMS	Thyroid Strong	Xylocaine	
	Robafen			

## Client Pharmaceuticals that require CAUTION in applying all heat therapies:

6-TG	bisoprolol	doxepin	ketoprofen	Orapred	Solfoton
Accutane	Blocadren	efalizumab	ketorolac	Orasone	Soriatane
acebutolol	Brevibloc	Elavil	Lanvis	Orudis	Sorine
acetaminophen	Brufen	Endep	Levatol	Oruvail	Sotacor
acetylsalicylic acid	budesonide	Entocort	Limbitrol	oxaprozin	sotalol
Aches-N-Pain	Bufferin	Ercaf	Liquid Pred	Pamelor	Sotret
acitretin	BuSpar	Ergo-Caff	Lopressor	Panasol	Sterapred
adapalene	buspirone	Ergomar	magnesium	Panretin	sulfasalazine
Adapin	butabarbital	ergotamine	salicylate	Paxofen	sulindac
Advil	Butacote	ergotamine tartrate	Mebaral	Pedia	Surgam
Aldomet	Butalan	esmolol	Meclofen	Pediapred	Surmontil
alefacept	Butazone	etodolac	meclofenamate	penbutolol	Synflex
Aleve	Butisol	etoricoxib	Meclomen	pentobarbital	tacrolimus
alfuzosin	Cafatine	Etrafon	Medipren	perphenazine	tamsulosin
alitretinoin	Cafergot	Feldene	Medrol	phenobarbital	Targretin
Alka-Butazolidin	Cafetrate	fenoprofen	mefenamic acid	phenoxybenzamine	tazarotene
Alkabutazone	calcipotriene	Fenopron	meloxicam	phentolamine	Tazorac
Alrheumat	Cardura	fenretinide	mephobarbital	phenylbutazone	Tazorac
Alurate	carteolol	FK 506	Meprolole	Phenylone	Teejel
Amethopterin	Cartrol	floctafenine	methotrexate	pindolol	Tenolin
Amevive	Cataflam	Flomax	methylidopa	piroxicam	Tenormin
amitriptyline	<b>Celebrex</b>	flurbiprofen	methylprednisolone	Ponstel	tenoxicam
Amnesteem	celecoxib	Folex	Meticorten	prazosin	terazosin
amobarbital	Celestone	Froben	metoprolol	Prednicen	thioguanine
amoxapine	CellCept	Gengraf	Mexate	prednisolone	Tiafen
Amytal	chlordiazepoxide	Genpril	Midol	<b>Prednisone</b>	tiaprofenic acid
Anacin	choline salicylate	guanadrel	Migergot	Intensol	timolol
Anafranil	Claravis	guanethidine	Migranal	Prelone	Tofranil
Anaprox	Clinoril	Haltran	Minipress	Proctocort	Tolectin
anthralin	clomipramine	Hemril	Minizide	Prograf	tolmetin
Anucort	coal tar	Hexadrol	Mobic	propranolol	Toprol
Anumed	Corgard	Hydrea	Mobidin	protriptyline	Toradol
Anusol	Cortef	hydrocortisone	Mobiflex	psoralen	Trendar
APO-Diclo	cortisone	Hydrocortone	Momentum	Rapamune	treinoin
aprobarbital	Cortone	hydroxyurea	Monitan	Raptiva	Trexall
Apsifen	Cotylbutazone	Hylorel	Monocor	Regitine	triamcinolone
Arcoxia	cyclosporine	Hyodopa	Monogesic	Renova	Triavil
Argesic-SA	Daypro	Hytrin	Motrin	Retin A	Tricosal
Aristocort	Decadron	Ibifon	mycophenolate	Rexolate	Trilisate
Artha-G	Delta-Cortef	Ibren	nabumetone	Rheumatex	trimipramine
Arthropan	Deltasone	Ibumed	nadolol	Rhodis	Tuinal
Arthrotec	Dermol	Ibupro	Nalfon	Rhotral	Tylenol
Asendin	desipramine	Ibuprofen	Naprelan	rofecoxib	UroXatral
Aspirin	Detensol	Ibutex	Naprosyn	Ro-Profen	valdecoxib
atenolol	Dexameth	Idarac	naproxen	Rufen	Vanatrip
Atolone	dexamethasone	Ifen	Naxen	Saletto	Vicoprofen
Aventyl	Dexone	Imbrilon	Nembutal	Salflex	<b>Vioxx</b>
Azasan	DHE injection	imipramine	Neoral	Salgesic	Visken
azathioprine	Dibenzyline	Imuran	Neotigason	salicylic acid	Vivactil
Azulfidine	diclofenac	Indameth	Norpramin	salsalate	Voltaren
Bayer	Differin	Inderal	nortriptyline	Salsitab	Voltarol
Bellatal	diffunisal	Indocid	Novobutazone	Sarisol	Wigraine
Betachron	dihydroergotamine	Indocin	Novomethacin	secobarbital	Zebeta
Betaloc	Dimetapp	indomethacin	Novonaprox	Seconal	
betamethasone	Disalcid	InnoPran	Novopirocam	Sectral	
Betapace	Doan's	Ismelin	Novoprofen	Simmune	
betaxolol	Dolgesic	isotretinoin	Novo-Sundac	Sine-Aid	
Betimol	Dopamet	Kenacort	Nu-Indo	Sinequan	
Betoptic	Dovonex	Kertone	Nu-Pirox	sirolimus	
bexarotene	doxazosin	Keto	Nuprin	sodium	
Bextra				thiosalicylate	