

PHYSICIANS COMPOUNDING PHARMACY

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Transdermal Pain Guidelines

Neuropathic Pain

Starting Regimen

- Clonidine 0.2%, gabapentin 6%, ketamine 10%,
- Add amitriptyline, baclofen, nifedipine, opioid or magnesium as needed

Fibromyalgia

- Baclofen 2%

Joint or Muscle Pain

- Ketoprofen or ibuprofen

Inflammation

- Ketoprofen or ibuprofen
- Dexamethasone
- Pentoxifylline

Bone Pain

- Ketoprofen or ibuprofen
- Dexamethasone
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Muscle Pain

- Magnesium chloride 15% 1 ml BID

Trigger Points

- Amitriptyline, baclofen, clonidine, gabapentin and ketoprofen
- Amitriptyline, capsaicin, guaifenesin, lidocaine and ketoprofen
- Magnesium Chloride

Lancinating/Episodic Pain

- Baclofen

Neurogenic Pain

Mild to moderate severity – Amitriptyline

With lancinating qualities – Baclofen, carbamazepine, gabapentin or lamotrigine 25 mg po QD

Intractable – Opioids

Opioid Tolerance

- Dextromethorphan (start at 30 mg QD and gradually increase by 3 mg every 3rd day to total amount of up to 140 mg TID)

Orofacial Pain

- Clonidine

Post Herpetic Neuralgia

- Bupivacaine 0.5-0.75% and ketamine 10% in a saline spray then apply PLO gel

