

# Carel's Pharmacy & Compounding Center

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Issue 2  
February 2005

## An Alternative to Vioxx®

The abrupt withdrawal of Vioxx® (rofecoxib) by the manufacturer has left patients and doctors looking for effective alternatives. Many patients were prescribed Vioxx® because they could not tolerate the gastrointestinal side effects of other NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen (Motrin®).

Topical ketoprofen may be a good choice for patients with inflammatory conditions of the joints-especially the fingers, wrists, elbows, and knees. Ketoprofen is closely related to ibuprofen and naproxen (Naprosyn®) and has similar anti-inflammatory and analgesic properties. The significant advantage of topical ketoprofen is that high tissue and joint concentrations are achieved without high blood concentrations. Lower systemic concentrations minimize the risk of adverse GI and renal effects. In our experience, patients who are unable to tolerate oral NSAIDs due to GI intolerance have no problem tolerating ketoprofen gel.

## Topical Pain Relievers

Topical pain relievers often provide much needed relief for many individuals without the undesired side effects seen in oral doses. The following medications are often used topically alone or in combinations to meet each individual patients needs:

Dexamethasone-corticosteroid that can be used as an anti-inflammatory and anti-pruritic

Ketoprofen-NSAID whose use is best indicated for pain involving torn muscles and like injuries

Phenylbutazone-pyrazolone derivatives that exhibits anti-inflammatory, anti-pyretic, analgesic and uricosuric properties

Cyclobenzaprine-muscle relaxant and anti-spastic agent that works without affecting muscle function

Lidocaine-local anesthetic

Guaifenesin-muscle relaxant

Amitriptyline-reduces nerve pain

Gabapentin-relieves nerve pain by mimicking GABA, an inhibitory neurotransmitter

Diclofenac-NSAID

This month's featured compounds are **Ketoprofen Topical Gel** and **Ketoprofen/Lidocaine/Cyclobenzaprine/Gabapentin Topical Gel**.

**Ketoprofen Gel** is commonly used as a 10% to 20% formula with a pea-sized amount massaged into affected area three times daily. It is usually dispensed in a one or two ounce container. Ketoprofen Gel is especially useful on painful joints such as knees, elbows and/or wrists.

**Ketoprofen 10%/Lidocaine 5%/Cyclobenzaprine 2%/Gabapentin 5% Gel** is very useful for combination pain when inflammation and neuropathic pain are suspected. With neuropathic pain, a pea sized amount of the compound is applied to distal painful areas and the corresponding region of the spine three times daily and as needed up to six times daily.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540. If you would like more information for you and your staff, we gladly provide in office presentations.