

Carel's Pharmacy & Compounding Center

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All Purpose Nipple Ointment

One of the major hurdles to successful breastfeeding is the occurrence of sore nipples resulting from simple mechanical trauma, dermatitis, and/or superficial infections. This can result from a variety of causes, but, without treatment the result is the same; a mother in pain, a hungry baby, and in the worst case a failed breastfeeding relationship!

All Purpose Nipple Ointment is a combination of familiar medications including: Clotrimazole, Gentamicin Sulfate, Betamethasone Valerate and Nystatin (mupirocin may be substituted for gentamicin in aminoglycoside allergic patients but is considerably more expensive). It is used for treating painful nipples of varying etiologies, a common problem among breastfeeding mothers.

All Purpose Nipple Ointment was first developed by Jack Newman, MD, a Canadian pediatrician who is a widely recognized expert in the field of breastfeeding. He recommends the use of the preparation until nipples are pain free, then application should be slowly reduced over a week. His prescription has been adapted by a group of compounding pharmacists and has been successful in avoiding the discontinuance of breastfeeding for many mothers.

Rectal Rocket-Suppositories for Persistent Hemorrhoids

A unique dosage form called a "Rectal Rocket" is a suppository that has provided many patients with complete relief within three nights' use. The unique design allows the medication to remain at the site for several hours, unlike commercially available products that are lost in the colon and are not available at the site of the hemorrhoid. This specially prepared medication has allowed patients to return to normal activities at a faster rate than when "conventional therapy" was used.

The name "Rectal Rocket" alludes to the unique design of the dosage form. It is tapered for easy insertion, but flares out at the bottom, so that the end portion of the suppository remains in contact with the anal sphincter and the external perianal area. (There is even a "slit" which allows the patient to expel gas without eliminating the suppository.) The "Rectal Rocket" provides the benefit of both an internal suppository and an external cream or ointment, and also has the added advantage of increased contact time with affected tissue.

This month's featured compounds are **All Purpose Nipple Ointment** and **Ketoprofen 1.7%/Lidocaine 2% Rectal Rocket**.

All Purpose Nipple Ointment is used to for treating painful nipples of varying etiologies, a common problem among breastfeeding mothers. It is generally applied to the affected breast(s) after each feeding or pump session. It should not be wiped or washed off prior to next feeding. This allows for treatment of thrush in the suckling child as well. This is a prescription medication that is dispensed in a 2 oz. jar, and costs less than twenty dollars.

Ketoprofen 1.7%/Lidocaine 2% Rectal Rockets are used to treat persistent hemorrhoids. For best results, one suppository is inserted into the rectum (leaving the base protruding) at bedtime for three nights. It is recommended that an undergarment protector be worn to shield clothing. These have proven most beneficial for new mothers after normal child birth or where external and internal hemorrhoids are present.

If you have any questions or would like more information please call us at (580) 355-4540.