

Carel's Pharmacy & Compounding Center

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Solutions for Summertime

Below are a few of our favorite compounds to treat complaints commonly seen during the warm months when outdoor activity, overexertion, poisonous plants and bugs, and concerns with cosmetic appearance bring patients to your office seeking unique solutions.

Fever Blisters

Acyclovir/Lidocaine Lip Balm is commonly used to treat cold sores. It treats both the pain and the virus associated with cold sores in a single tube for about the same price as a single ingredient product. Acyclovir/Lidocaine Lip Balm is a prescription product and is dispensed in a 5 gram lip balm tube for easy use by the patient. It is applied five times daily and as needed to the affected area. Sunscreen may also be added to compound.

Itching

Anti-Itch Gel is a compounded topical treatment for itching. It provides temporary relief of pain and itching associated with minor skin irritations, insect bites, and poison ivy/sumac/oak. It contains Menthol, Camphor and Lidocaine 2% in a transparent non-greasy gel base. It is applied three to four times daily to affected area as needed.

Nail Fungus

N2 is prescription anti-fungal nail polish used to treat onychomycosis. It is a combination of Miconazole, Clotrimazole, and Ibuprofen in a DMSO base. Tea Tree Oil, which has anti-fungal properties may also be added if desired. It is applied once daily to the affected nail bed(s) until the nail has grown out clean. Penetration into the nail bed is achieved through the use of DMSO. N2 nail polish allows the patient to bypass side effects associated with oral therapy and is extremely cost efficient when compared to oral therapy.

Pain/Inflammation

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.

Poison Ivy

Poison Ivy Gel offers patients relief from the itching associated with contact dermatitis such as poison ivy. Patients sensitive to poison ivy tend to suffer miserably after exposure. They often experience severe itching, which is resistant to most over the counter treatments. Poison Ivy Gel contains Menthol, Camphor and Trolamine in a transparent gel. It is applied three to four times daily to affected area as needed.

Sunburn

Sunburn Gel is a compounded topical treatment for sunburn. It is a transdermal gel with a combination of medications, including Ketoprofen 5% and Lidocaine 0.5%. Ketoprofen is a non-steroidal anti-inflammatory medication used to treat pain and inflammation. Lidocaine is an anesthetic used to relieve pain. Sunburn Gel is applied to the affected area as needed. For severe pain and discomfort, the strengths of the medications may be increased and applied 4 to 6 times daily.

Wart Remover

Wart Gel is a prescription topical treatment used in the removal of warts. It contains Deoxy-D-Glucose 0.2%, Ibuprofen 2% and Cimetidine 10%. Deoxy-D-Glucose acts as an anti-viral. Cimetidine helps to destroy or stop the reproduction of the virus. Ibuprofen used topically aids in the absorption of the other medications. It is applied to the wart or warts three times daily for three weeks.