

# Carel's Pharmacy & Compounding Center

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Recap of Featured Prescription Compounds from June 2007 to October 2007 (full newsletter archives available at [www.carelspharmacy.com](http://www.carelspharmacy.com)):

## Tension Headaches

**Keto20/Cyclo2/Lido5 Lipoderm Gel** is a prescription compound treatment for tension headaches. It contains Ketoprofen 20%, Cyclobenzaprine 2% and Lidocaine 5% in a transdermal Lipoderm base. Ketoprofen is a non-steroidal anti-inflammatory used to treat pain. Cyclobenzaprine is a muscle relaxant used to relieve the muscle ache. Lidocaine is a local anesthetic used to numb the area. Keto20/Cyclo2/Lido5 Lipoderm Gel is used by applying a pea-sized amount to head and/or neck area where pain is present and massaging in for two to three minutes four to six times daily as needed. The transdermal gel generally decreases side effects associated with the individual medications such as stomach upset and drowsiness.

## TMJ

**Keto-Flex Gel** is a prescription compound treatment for TMJ disorder. It is a combination of Ketoprofen 10% and Cyclobenzaprine 1% in an anhydrous base. Ketoprofen is the most prescribed and effective NSAID used transdermally. It is used to treat the pain and inflammation associated with TMJ. Cyclobenzaprine is the most frequently prescribed skeletal muscle relaxant on the market today. It is used topically to relieve muscle tension and spasm. These two ingredients used transdermally work synergistically to provide relief to without the undesirable side effects of oral medication. Our anhydrous base is specially formulated for rapid penetration and rapid onset of action. Keto-Flex Gel is applied directly to the patient's Temporomandibular Joints four to six times daily as needed.

## Back To School Treatments

**Methylphenidate Chocolate Base Troches** are a compound treatment for ADD. The dosing is the same as Methylphenidate tablets but the troches are sublingual lozenges compounded into a chocolate base. The troches allow easy administration of the medication for the parent of the child as well as the school nurse/teacher. There are many other ways to compound ADD medications to allow for easier administration to the child.

**Anti-Itch Gel** is a compound 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.

**Promethazine Gel** is a compounded topical gel applied to the inner wrist for nausea and vomiting. It is usually given every six to eight hours and is dosed in strength like a suppository. It has a rapid onset, usually within 10 to 15 minutes and causes fewer side effects than oral or rectal forms. The gel is a preferred route of administration in all age groups and is commonly requested over all other forms.

**Tetracaine Lollipops** are a prescription compound treatment for sore throat. The lollipops contain Tetracaine 0.5% in a flavored sorbitol base. Tetracaine is an anesthetic used to alleviate the discomfort in the throat. The lollipops are placed in the mouth for 20 to 30 seconds, removed and repeated later if needed.

**BLT** is a compounded topical anesthetic. BLT contains Benzocaine 20%, Lidocaine 6% and Tetracaine 4% in a specialized gel base that penetrates deep into the dermis. It is applied 15 to 20 minutes prior to procedure. It is often used in office to deaden the area prior to shots and injections in children.

## Lipoderm Study

Please visit our website, [www.carelspharmacy.com](http://www.carelspharmacy.com), to view September newsletter for this information.

## Wound Care

**Misoprostol 0.0024%/Phenytoin 5%/Gentamicin 0.2%/Tetracaine 4% Topical Gel** is a prescription compound treatment for wounds. The combination of ingredients work together to promote healing of the wound. Misoprostol is a protective prostaglandin analogue used to accelerate the healing rate of the wound by increasing regranulation of the ulcer bed. Phenytoin helps to promote proliferation of the wound tissue by stimulating collagen synthesis. Gentamicin is an antibacterial used to reduce infection in the wound. Tetracaine is a local anesthetic used to reduce wound pain. Misoprostol 0.0024%/Phenytoin 5%/Gentamicin 0.2%/Tetracaine 4% Topical Gel is applied each time of dressing change after debriding and flushing the wound.

**Nifedipine 6% Transdermal Gel** is a prescription compound for wound treatment. Nifedipine increases blood flow and vascularization of the treated area. Nifedipine 6% Transdermal Gel is applied each time of dressing change after debriding and flushing the wound.