Town & Country
Compounding and Consultation

"Customized, Patient Specific, Compounded Medications"

Frequently Used Compounds
RHEUMATOLOGY

Transdermal Gels unless otherwise noted

**All strengths can be increased or decreased to meet patient-specific needs*

Problem	Options
Chronic Neuropathic Pain	Combination of any of the following neuropathic agents: ▪ Ketamine 1% - 10% (NMDA antagonists) ▪ Gabapentin 6% (glutamate antagonists) ▪ Amitriptyline 2% - 5% (sympatholytic) ▪ Clonidine 0.1% - 0.2% (alpha-2 agonist) ▪ Carbamazepine 2% - 5% (NMDA sodium channel blocker) ▪ Baclofen 2% - 5% ($GABA_{\beta}$ agonist)
Immediate Relief	Combination of any of the following anesthetic agents: ▪ Lidocaine 2% - 10% ▪ Tetracaine 2% - 10% ▪ Bupivacaine 0.5% - 0.75%
Inflammation and/or Bone Pain	Combination of any of the following NSAIDs: ▪ Ketoprofen 10% - 20% ▪ Ibuprofen 2.5% - 20% ▪ Piroxicam 0.1% - 5%
Muscle Spasms & Cramping	Combination of any of the following muscle relaxants: ▪ Cyclobenzaprine 0.5% - 2% ▪ Baclofen 2% - 5% ▪ Guaifenesin 10% ▪ Magnesium Chloride 10%
Cartilage Deterioration	▪ Glucosamine 10% ▪ Condroitin 10% ▪ MSM (dimethyl sulfone) 10%
Fibromyalgia	Combination of any of the following agents: ▪ Cyclobenzaprine 0.5%- 2% ▪ Amitriptyline 2% - 5% ▪ Ketoprofen 10% - 20% ▪ Gabapentin 6% ▪ Lidocaine 2% - 10% ▪ Carbamazepine 2% - 5%
Methotrexate Injection	▪ Methotrexate ___ mg/ml in bacteriostatic water for Injection, adjusted for pH and toxicity. Can adjust dosages & dosage forms

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