



## Pain Medications

### Diclofenac 1.5%, 150 ml/ Capsaicin 0.025%, 8oz Pak

- FDA approved Pak that contains 2 products, Diclofenac 1.5% solution and Kinesiology tape
- Gives patient a dual mechanism of pain relief by providing a topical anti-inflammatory (diclofenac) and Kinesiology tape which has been shown to provide pain relief to areas where it is applied

### Lidocaine 2.5% / Prilocaine 2.5% Cream Kit

- FDA approved medication that contains 2 topical anesthetic ingredients, Lidocaine 2.5% and Prilocaine 2.5%
- Gives patient an immediate and long acting topical anesthetic in cream form that can be useful for neuropathic pain
- Both products contain the same combination of ingredients and are used interchangeably based on insurance coverage

### Diclofenac 3% Gel & Diclofenac 1.5% Solution

- Equally efficacious FDA approved topical anti-inflammatory products
- Patient will receive one or the other (not both) depending on their insurance coverage

### Lidocaine 5% Ointment & Lidocaine 3% Lotion

- FDA approved topical anesthetic also useful for neuropathic pain
- Generally used during daytime hours

### Doxepin 5% Cream

- FDA approved topical medication indicated for itching but is primarily used to help treat neuropathic pain
- Generally used during daytime hours in combination with diclofenac and lidocaine topical products

### Application and Suggested Use

- Topically applied medications to treat mild-severe pain
- When a doctor prescribes topical creams, the pharmacy adjudicators will first try to fill FDA approved Paks. If a Pak is not covered by the patient's insurance, the adjudicators will try filling Diclofenac 3% Gel OR Diclofenac 1.5% solution WITH Lidocaine 5% ointment OR Lidocaine 3% lotion AND Doxepin 5% cream.
- Appropriate as an alternative to orally administered pain medications or in addition to them
- Topicals associated with fewer side effects and drug interactions than oral medications
- Can be prescribed for all types of acute, intermittent, and chronic pain
- Creams can be used up to 4 times daily or on an as needed basis at patient's discretion
- Creams can be used at the same time or staggered based on patient experience/symptom relief

## Migraine:

### Migranal

- FDA approved nasal spray that contains 4mg of Dihydroergotamine Mesylate
- Indicated for the acute treatment of migraine headaches with or without aura
- Dosed at one spray in each nostril, repeat in 15 min
- NOT a controlled medication

### Vanatol LQ

- FDA approved oral Liquid combination of Butalbital 50mg, Acetaminophen 325mg and Caffeine 40mg per 15 ml
- Indicated for the relief of the symptom complex of tension (or muscle contraction) headache, neck and shoulder pain/soreness, and migraine
- Dosed as 15 or 30 ml by mouth every 4 hours with a maximum daily dose of 60ml
- Can cause drowsiness/sedation
- Controlled medication in AL, CA, GA, HI, ID, IL, KS, KY, MD, MA, MN, MS, MT, NJ, NM, NY, ND, OK, RI

## Scar/Eczema/Atopic Dermatitis:

### Skin Repair Kit

- FDA approved Pak that contains Triamcinolone 0.1% cream, Dimethicone 5% cream and silicone tape/sheets
- Could be prescribed for scar therapy or various types of skin inflammation such as atopic dermatitis, eczema, atopic dermatitis, psoriasis, etc.

### Fluocinonide 0.1% Cream

- FDA approved topical corticosteroid, reduces skin inflammation
- Indicated for psoriasis, atopic dermatitis, other skin conditions as determined by MD
- Used off label for scar therapy

### Calcipotriene 0.005% Cream

- FDA approved topical medication for the treatment of psoriasis
- Typically used in conjunction with Fluocinonide, alternating two weeks on, two weeks off

### Application and Suggested Use

- Topically applied medications to prevent and improve the appearance of scars and to relieve symptoms associated with eczema and/or psoriasis
- When Skin Repair Kit is prescribed and not covered by insurance, pharmacy adjudicators will try filling Fluocinonide 0.1% cream and Calcipotriene 0.005% CREAM
- Scar Therapy
  - Appropriate for any type of surgery incision or trauma
  - Products should be started as soon as the incision/wound has closed following wound therapy (mupirocin + econazole)
  - Ingredients designed to promote healing, decrease localized inflammation, and improve appearance of scar at conclusion of therapy
  - When started immediately after a surgery patient can expect to use product for up to 3 months
- Eczema/Psoriasis Therapy
  - Apply thin layer (2-4 grams) two to four times daily
  - Fluocinonide applied for two weeks, then two weeks off. During the two weeks off period, patient will apply Calcipotriene and continuing alternating the two medications until they achieve resolution of symptoms
  - Should not be applied to face, groin or underarms

## General Wellness Supplements

### Medi-10 Capsules

- Orally administered prescription dietary supplement specifically formulated for the dietary management of patients with unique nutritional needs where advanced folate supplementation is required or in management of endothelial dysfunction with diabetic peripheral neuropathy.

### Meabolic Tablets

- Orally administered prescription vitamin formulation for the clinical dietary management of suboptimal nutritional status in patients where advanced folate supplementation is required and nutritional supplementation in physiologically stressful conditions for maintenance of good health is needed.

### Ortho D Capsules

- Orally administered prescription folate product for the dietary management of patients with unique nutritional needs requiring increased folate levels and Vitamin D supplementation due to Vitamin D deficiency and other nutritional supplementation.

## Antifungal Therapies

### Oxiconazole 1% Cream

- FDA approved antifungal agent
- Indicated for topical treatment of multiple fungal skin infections

### Econazole 1% Cream

- FDA approved antibacterial agent
- Indicated for topical treatment of multiple fungal infections
- Usually prescribed with mupirocin

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