

Sample of Transdermal Medication Prescription Application

Rx Ketoprofen 20%__30%__40%__ 50%*__

Or Other NSAID in strength of choice or in different combinations

Diclofenac 1-10%

Ibuprofen 10-40%

Indomethocin 10-20%

Piroxicam 0.5-2%

Rx Guaifenesin 10 - 40%

Alone or in combination with NSAID for muscle sprains, plantar fasciitis, and nocturnal leg cramps.

Normal Base used VPC (Vanishing Penetrating Cream) (onset 15-30 minutes)

Base	Base Options	
	Advantages	Disadvantage
Anhydrous PGE	For trigger point	Low strengths
Lipoderm	High Strength Non-Sticky	Expensive
PLO	Effective Under Dentures	Sticky
VPC	High Strengths Non-Sticky Cost effective	
Speed Gel	Liquid (for ears)	Runny
Spray	Sensitive Skin	Can Run

A New Approach
Considering the barriers to effective pain management shared by patients and providers, it is time to consider a new approach for the twenty first century. Using low-dose concomitant agents with complementary modes of action can minimize the problem of side effects. Also knowledge of receptor locations to avoid oral or infusion systemic doses when it become necessary to decrease the risk of side effects.

- Medications Options**
- Anesthetics**
Bupivacaine 2-5%
Lidocaine 2-10%
- NMDA Ca channel antagonist**
Ketamine 5-10%
Amantadine 5-20%
Dextromethorpan 5-10%
Orphenadrine 5-10%
Haloperidol 0.5-2%
- Glutamate antagonist**
Gabapentin 5-10%
- AMPA (Na⁺ channel)**
Gabapentin 5-10%
Carbamazepine 5%
Phenytoin 2-10%
Valporic Acid 2-5%
- α₂-Agonist**
Clonidine 0.1-0.3%
- NE reuptake inhibitors**
Tricyclic antidepressants
- α₁-Antagonist**
Prazosin
Phentolamine
- GABA β Agonist**
Baclofen
- NON-NMDA Ca²⁺ + Channel blocker**
Nifedipine
- Opioids**
Morphine 1-5%
Hydrocodone 0.25-1%
Fentanyl 100mcg/0.1 ml