



## Topical Pain Medications

Patient: \_\_\_\_\_ Medication: \_\_\_\_\_

Directions for use: \_\_\_\_\_

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### Use of Topical Pain Medications:

Topical pain medications are useful for treating soft tissue injuries such as muscle strains or sprains, nerve pain, inflammation and arthritis pain.

### Typical Medications used as topical pain medications

Non-Steroidal Anti-inflammatory Medications

- Ketoprofen, Ibuprofen, Naproxen, Piroxicam

Anesthetics

- Ketamine, Lidocaine

Neuropathic Pain Agents

- Clonidine, Amitryptline, Gabapentin

Muscle Relaxants

- Cyclobenzaprine, Baclofen, Guaifenesin

Many of our topical pain medications are in a pluronic-lecithin organogel base (PLO gel). This base is used to assist the medications penetration through the skin.

### How to use Topical Pain Medications

Use as directed by your health care provider. Please see your prescription for specific instructions. The following instructions are general guidelines.

- Apply a small amount of the medication to the affected area 2-4 times daily or as directed. Massaging the area will assist penetration through the skin.
- The medication is best absorbed after a bath or shower, when your skin is moist and the pores are open. Applying a warm, moist washcloth to the area for several minutes prior to applying the medication will achieve the same results. A heating pad can be used following the medication application.
- This medication should be applied to intact skin only. Do not apply to open wounds.
- Wash your hands following application.
- Avoid eye contact.

### Storage of Medication

Store at room temperature between 68 and 77 degrees F, away from moisture and light as directed. Keep out of the reach of children.

*This information is an educational service and does not address all possible uses, actions, precautions, interactions, or side effects of this medication. Consult your pharmacist or health care provider with a list of medications you are currently taking if you have any questions about adverse drug reactions.*

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