



Pain Management Compounding Information Guide

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Why use compounding alternatives for pain management?

When treating pain related symptoms, optimal treatment may involve not only the use of traditional analgesics such as non-steroidal anti-inflammatory (NSAIDs), and opioids, but may also include medications that possess pain-relieving properties. For example some antidepressants, anticonvulsants, antiarrhythmics, and anesthetics work through different mechanisms that alter sensation of pain. Doctors have found that smaller concentrations of these medications can be used in combinations to help treat pain. Also other adjuvant drugs may be incorporated into formulas also, some of these include corticosteroids and antihistamines-these drugs may enhance pain relief, treat concurrent symptoms, and counteract side effects.

What types of optional dosage forms can compounding offer?

- **Topical Transdermals creams and gels** – creams and gels can be formulated to provide high concentrations of drugs locally to the site of application (i.e. NSAIDs for joint or arthritic pain, morphine mouthwash for radiation mucositis, and combination medications for neuropathic pain).
- **Oral dosage forms** – can be made to incorporate medications into a single dose for ease of administration or simplification of a confusing dosing schedule (i.e. compounded lollipops, dissolving sublingual troches, freezer pops, gummy chewables, oral solutions and suspensions).
- **Rectal preparations** – these formulations help overcome obstacles for patients who are unable to take medications orally (i.e. nausea, vomiting, or difficulty swallowing).
- **Nasal preparations** – can be used to deliver medication intranasally (i.e. sprays for treatment of migraines)

Are there any side effects to topical pain creams and gels?

Typically side effects are very minimal (i.e. skin sensitivity to type cream or gel base). The benefit of using topical transdermal creams and gels is that they deliver the medications to the site of action, thus preventing negative effects of some analgesics (i.e. NSAID induced peptic ulcer or GI bleeding). Also the risk of systemic toxicity is not as great since most of the drug is being delivered in a way that confines most of the drug absorption to a localized area (i.e. usually less drug is absorbed systemically vs. other oral analgesics and opioids).

What do I have to do in order to get a compounded pain medication?

Like other medications, most compounded pain medications require a physician's prescription and will require a physician's approval before the pharmacy can prepare the medication.

Disclosure:

This website is only for educational purposes, if there is any doubt about a health condition that may exist, this material is not intended to replace professional advice, please consult a physician before starting any new medication therapies.

References:

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