



Topical Pain Medications

Patient: _____ **Medication:** _____

Directions for use: _____

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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