

## **CLINICAL PEARLS: Topical products and pain**

**Treatment acute pain is imperative to help re-stimulate your productivity, achieve your activities of daily living, and enjoy your personal lifestyle.** Topical pain products have been shown to be beneficial for the treatment of acute pain and may help with breakthrough pain in chronic pain treatment, and with pain associated with cancer. Topical products have the most benefit when used for musculoskeletal pain or for pain caused by inflammation.

### **What medications are found in topical products?**

Topical products can be formulated with many different classes of medications based on specific pain needs. NSAIDs such as Diclofenac and Ibuprofen can be used for pain and inflammation. Muscle relaxants such as Cyclobenzaprine and Baclofen can be added to help with muscle tension. Topical anesthetics like Lidocaine are especially helpful for pain caused by touch or pressure. Nerve agents such as Ketamine and Gabapentin can be used to treat nerve pain.

### **How do topical pain creams work?**

Topical products are applied externally directly over the area where the pain is coming from. Topical products are absorbed by the skin and transported directly to the muscle. This process allows for rapid absorption and optimal therapeutic effect.

### **Why compounds are better than pre-made products?**

Although there are several commercially available topical pain products, they only come in specific strengths and formulations. Compounded medications can be made to customized





strengths and formulations that best fit each patient's needs, and they can be made with multiple medications to allow for ease of administration. Compounding also allows the avoidance of added ingredients that can cause irritation for some patients. At Olive Tree Compounding Pharmacy, our Pharmacists are experts at knowing what formulations and medications are best to use for each patient's specific type of pain.

Set up an appointment to consult with one of our Pharmacists. We will be glad to work with you and your provider to treat your pain and optimize your health and quality of life.

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