



Frequently Used Compounds GENERAL PRACTICE

***Not an all-inclusive list; examples only of more common formulations. Does not represent full compounding capabilities. New, custom and physician-specific formulations are encouraged.*

Pain & Inflammation	Options
Chronic Neuropathic Pain	Combination of any of the following neuropathic agents: <ul style="list-style-type: none"> ▪ Ketamine 1% - 10% (NMDA antagonists) ▪ Gabapentin 6% (glutamate antagonists) ▪ Amitriptyline 2% - 5% (sympatholytic) ▪ Clonidine 0.1% - 0.2% (alpha-2 agonist) ▪ Carbamazepine 2% - 5% (NMDA sodium channel blocker) ▪ Baclofen 2% - 5% (GABA_B agonist)
Immediate Relief	Combination of any of the following anesthetic agents: <ul style="list-style-type: none"> ▪ Lidocaine 2% - 10% ▪ Tetracaine 2% - 10% ▪ Bupivacaine 0.5% - 0.75%
Inflammation and/or Bone Pain	Combination of any of the following NSAIDs: <ul style="list-style-type: none"> ▪ Ketoprofen 10% - 20% ▪ Ibuprofen 2.5% - 20% ▪ Piroxicam 0.1% - 5%
Muscle Spasms & Cramping	Combination of any of the following muscle relaxants: <ul style="list-style-type: none"> ▪ Cyclobenzaprine 0.5% - 2% ▪ Baclofen 2% - 5% ▪ Guaifenesin 10% ▪ Magnesium Chloride 10%
Cartilage Deterioration	<ul style="list-style-type: none"> ▪ Glucosamine 10% ▪ Chondroitin 10% ▪ MSM (dimethyl sulfone) 10%
Fibromyalgia	Combination of any of the following agents: <ul style="list-style-type: none"> ▪ Cyclobenzaprine 0.5%- 2% ▪ Amitriptyline 2% - 5% ▪ Ketoprofen 10% - 20% ▪ Gabapentin 6% ▪ Lidocaine 2% - 10% ▪ Carbamazepine 2% - 5%
Support of Physical Therapy	<ul style="list-style-type: none"> ▪ Dexamethasone 4mg/ml Iontophoresis Solution ▪ Lidocaine 4% Iontophoresis Solution ▪ Hydrocortisone 10% Phonophoresis (Ultrasound) Gel

Dermatology	Options
Common and Plantar Warts	<ul style="list-style-type: none"> ▪ 5-Fluorouracil 5% & Salicylic Acid 20% in DMSO. ▪ Cimetidine 10% and/or deoxy-D-glucose 0.2%
Psoriasis	<ul style="list-style-type: none"> ▪ Topical cyclosporine ▪ Topical pentoxifylline
Actinic Keratosis	<ul style="list-style-type: none"> ▪ 3% Diclofenac and 2.5% hyaluronic acid gel
Anesthetics	<ul style="list-style-type: none"> ▪ Triple anesthetic gel consisting of 20% benzocaine, 6% lidocaine, and 4% tetracaine.
Ulceration or wound	<p>Polyox bandage or topical gel containing combination of the following:</p> <ul style="list-style-type: none"> ▪ Misoprostol 0.0024% ▪ Phenytoin 5% ▪ Aloe Vera 0.2%-0.5% ▪ Gentamycin or metronidazole for bacterial infection ▪ Nifedipine 2% (calcium channel blocker) to increase blood circulation/reduce scarring ▪ Pentoxifylline 5% as adjunct therapy to aid penetration of an active ingredient
Harlequin Ichthyosis	<ul style="list-style-type: none"> ▪ N-acetylcysteine 10% emulsion
Toenail fungus, oral medication not tolerated and/or too expensive	<ul style="list-style-type: none"> ▪ Any azole antifungal (e.g., ketoconazole) in DMSO solution enhanced with 2% ibuprofen ▪ Terbinafine 2% in DMSO solution
Pediatrics	Options
Appropriate strength of medication not available	<ul style="list-style-type: none"> ▪ Compound medications into appropriate strength for child, e.g. chloroquin for infants.
Non-compliance: child unable or unwilling to take medication	<ul style="list-style-type: none"> ▪ Flavoring of various oral suspensions and solutions to allow for easier administration of medication to children ▪ Compound medication into another dosage form for easier administration, e.g., lollipop, troche/gummy bear, rapid dissolve tabs, oral suspensions, suppositories or transdermal gel.
Allergies	<ul style="list-style-type: none"> ▪ Compound medications without dyes, fillers, additives, sugar, corn products or other allergens
Pain/Inflammation	<p>Suppositories or transdermal gels compounded with any other the following examples:</p> <ul style="list-style-type: none"> ▪ Morphine ▪ Ibuprofen/Ketoprofen ▪ Dexamethasone
Nausea/Vomiting	<ul style="list-style-type: none"> ▪ Promethazine or prochlorperazine transdermal gel
Oral Thrush	<ul style="list-style-type: none"> ▪ Sugar-free formulations including nystatin, lidocaine, triamcinolone and deoxy-d-glucose.
Diaper Rash	<ul style="list-style-type: none"> ▪ Cholestyramine Ointment 10% ▪ Custom "butt paste" formulations containing anti-fungal agents, anti-inflammatory agents, zinc oxide or other protectorants.

Pediatrics, cont.	Options
Head Lice	<ul style="list-style-type: none"> ▪ Ivermectin 0.8% lotion ▪ Aromatic head lice formulas using eucalyptus oil, rosemary oil, pennyroyal oil
Gynecology	Options
Menopause/Perimenopause	<ul style="list-style-type: none"> ▪ Bioidentical Hormone Replacement Therapy (progesterone, estrone, estradiol, estriol, testosterone, DHEA) in custom strengths and dosage forms, i.e., topical creams, vaginal suppositories, sublingual troches, and oral sustained release capsules. Private patient consultations by pharmacists and saliva testing are also available.
PMS	<ul style="list-style-type: none"> ▪ Low dose progesterone (SR capsule or topical cream) in luteal phase capsules or cream
Low Libido	<ul style="list-style-type: none"> ▪ Testosterone vaginal or topical cream (for local or systemic use)
Vaginal Dryness	<ul style="list-style-type: none"> ▪ Estriol 0.05% vaginal cream
Vaginal bacterial or fungal infections	<ul style="list-style-type: none"> ▪ Antibiotic or antifungal agents in various dosage forms and strengths, i.e., vaginal suppositories, creams, capsules, gels plus supplements (e.g., zinc) applied topically in douches. ▪ Boric acid vaginal capsules.
Lichen sclerosus	<ul style="list-style-type: none"> ▪ Corticosteroid creams ▪ Neuropathic pain gels