

TOPICAL ANALGESICS:

A New Frontier for Front-Line Pain Management

What is the number one reason patients are seeking medical care? **Persistent pain.**

Several analgesics are effective for pain management, with the most common being:

- Acetaminophen and nonsteroidal anti-inflammatory drugs NSAIDs
- Opioids

However, there are risks with each of these. Acetaminophen and NSAIDs can lead to gastrointestinal and/or cardiovascular co-morbidities when nonselective NSAID use is restricted. Opioids can lead to abuse, addiction, overdose, and even death. As such, their long-term benefits could be limited.

But, there is an alternative: *Topical Analgesics.*

Despite a wealth of data proving their efficacy for acute and chronic pain, however, these products remain underutilized throughout the world.

How do Topical Analgesics Work?

Their use has been studied for decades, yet how they work is actually not fully understood. The most common are topical creams, ointments, and the like, which offer localized pain relief through penetration of the outer layer of the epidermis. A primary advantage of topical analgesics is that they have a low rate of systemic absorption. As such, the risk of an adverse event from drug-to-drug interaction is substantially reduced.

A favorite prescribed topical analgesic is Lidocaine, a lipid-soluble compound that is mixed with other ingredients and penetrates the permeable outer layer of the skin to block nerve fibers from impulse firing. Lidocaine is presently one of the most widely used topical anesthetics for muscular, skeletal, and neuropathic pain.

A New Era of Pain Treatment:

As evidence for the benefits of using topical analgesics for pain treatment increases, so too has their use as medical and professional societies have shown greater willingness to recommend their use in the first instance.

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PAIN & INFLAMMATION

General Pain & Inflammation

Creams

- Baclofen
- Cyclobenzaprine
- Flurbiprofen
- Gabapentin
- Ketoprofen
- Lidocaine
- Prilocaine

Capsules

- LDN (Low Dose Naltrexone) Capsules

Neuropathic & Chronic Pain Creams

- Amitriptyline HCl
- Baclofen
- Bupivacaine
- Cyclobenzaprine
- Diclofenac
- Gabapentin
- Ketamine HCl

Back & Radicular Pain Creams

- Clonidine
- Gabapentin
- Ketamine HCl
- Lidocaine

WOUND CARE

For Wounds Without Infection

- Acetylcysteine
- Misoprostol
- Phenytoin

For Wounds With Infection

- Metronidazole
- Misoprostol
- Phenytoin

ANTIFUNGAL

- Bupivacaine
- Fluconazole
- Fluticasone
- Hydroxyzine
- Itraconazole
- Phenytoin Sodium
- Terbuterine

Metabolic Supplements beneficial in the treatment of neuropathic pain and metabolic health

- Alpha Lipoic Acid
- Chromium
- Pyridoxal-5-Phosphate
- Vitamin D3
- Methylcobalamin
- N-Acetylcysteine
- NADH
- 5-MTHF

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