

Custom compounding for TMD/Myofascial Pain/fibromyalgia patients:

Recently I switched to this with my patients 5-2021:

3% cyclobenzaprine
10% lidocaine
10% ketoprofen
5% diclofenac

1. Ketamine 10% + Loperamide 7% Gel - I would recommend that the patient apply this to trigger points or extremely painful spots; NOT all over her neck and spine - This preparation is expensive, but extremely effective \$95/30gm
2. Hydrocodone 5mg SR + Naltrexone 0.5mg capsules; 1 capsule TID or PRN - This is a good oral therapy for generalized pain. The low dose naltrexone is gently antagonizing so it expands the lifespan of the opioid receptors, making the hydrocodone work better.
3. She could also benefit from getting her hormone balanced (with bio-identical hormone therapy of course). There is a huge hormonal connection in fibromyalgia. You can refer her to our website (www.mdcustomrx.com) to learn more.
4. If she has myofascial trigger points I would recommend Phenoxybenzamine 2% solution to be apply to trigger points PRN
5. Magnesium Sulfate 10% Gel is great muscle relaxer; This runs \$30/30gm
6. The following are different combination pain gels we've done for fibromyalgia/myofascial pain; again I would recommend their use over extremely large areas, more in concentrated areas of more severe pain

Fibromyalgia

- Ketoprofen 15% + Cyclobenzaprine 3% + Lidocaine 5% Gel
- Amitriptyline 2% + Carbamazepine 10% + Lidocaine 5% Gel
- Amitriptyline 7% + Baclofen 2% + Ketamine 5% Gel
- Ibuprofen 10% + Baclofen 2% + Bupivacaine 0.5% Gel

I hope I didn't overwhelm you, but there are a lot of possibilities. Often we have to tweak and individualize the pain treatment for each unique patient. let me know if you have any questions or concerns.

Thank you,
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And I use:

<https://www.welltopiarx.com/>