



APOTHECARY OPTIONS

Table 1. Summary of Agents Used in Topical Pain Preparations

Drug Name	Mechanism of Action	Concentrations used topically	Type of Pain
Acyclovir	Anti-viral	5%	Shingles, active herpes, postherpetic pain
Amitriptyline	Exact mechanism of action unknown (possible neural membrane stabilization)	2-5%	Neuropathic pain, postherpetic pain
Baclofen	GABA _β agonist, muscle relaxant, antispasmodic agent	1-2%	Neuropathic pain, multiple sclerosis, postherpetic pain
Bupivacaine	Local anesthetic, nerve membrane stabilizer	0.5-1%	Neuropathic pain
Cyclobenzaprine	Muscle relaxant, nerve membrane stabilizer (structural similar to tricyclic antidepressants)	1%	Neuromuscular pain (Multiple sclerosis, Fibromyalgia, muscle strains)
Diclofenac	NSAID – reduces inflammation	3-5%	Inflammatory pain
Gabapentin	Glutamate inhibition (NMDA receptor antagonism), neural membrane stabilization	5-6%	Neuropathic pain, postherpetic pain
Glucosamine	Glucosamine speeds up the production of proteoglycans and collagen.	3-10%	Osteoarthritis, rheumatoid arthritis, sports injuries
Guaifenesin	Effective skeletal muscle relaxant when used topically	10%	Musculoskeletal pain, Multiple sclerosis, Fibromyalgia syndrome, sports injuries
Ketamine	NMDA antagonist. Decreases the incidence of narcotic tolerance when given with opioids	5-6%	Acute pain, neuropathic pain
Ketoprofen	NSAID – reduces inflammation (Note: Diclofenac is a better option in pain cream formulations)	5-10%	Pain caused by inflammation
Lidocaine	Local anesthetic, nerve membrane stabilizer	2-5%	Neuropathic pain
Meloxicam	NSAID – reduces inflammation	0.3 – 1%	Pain caused by inflammation
MSM (methylsulfonyl-methane)	MSM is a natural anti-inflammatory agent, increases permeability of cell membranes, enhances circulation locally, and speeds up healing	2-5%	Neuropathic, sports injuries, osteoarthritis
Orphenadrine	NMDA antagonist/ muscle relaxant	5-10%	Acute pain, neuropathic pain, neuromuscular pain (MS, Fibromyalgia)
Pentoxifylline	Tumor Necrosis Factor antagonist (TNF-1 α)	5-10%	Pain associated with an inflammatory process. Sciatica, low back pain, neuropathic pain
Piroxicam	NSAID – reduces inflammation	0.5 - 1%	Arthritis and Sports Injuries
Tetracaine	Local anesthetic, nerve membrane stabilizer	1-2%	Neuropathic pain

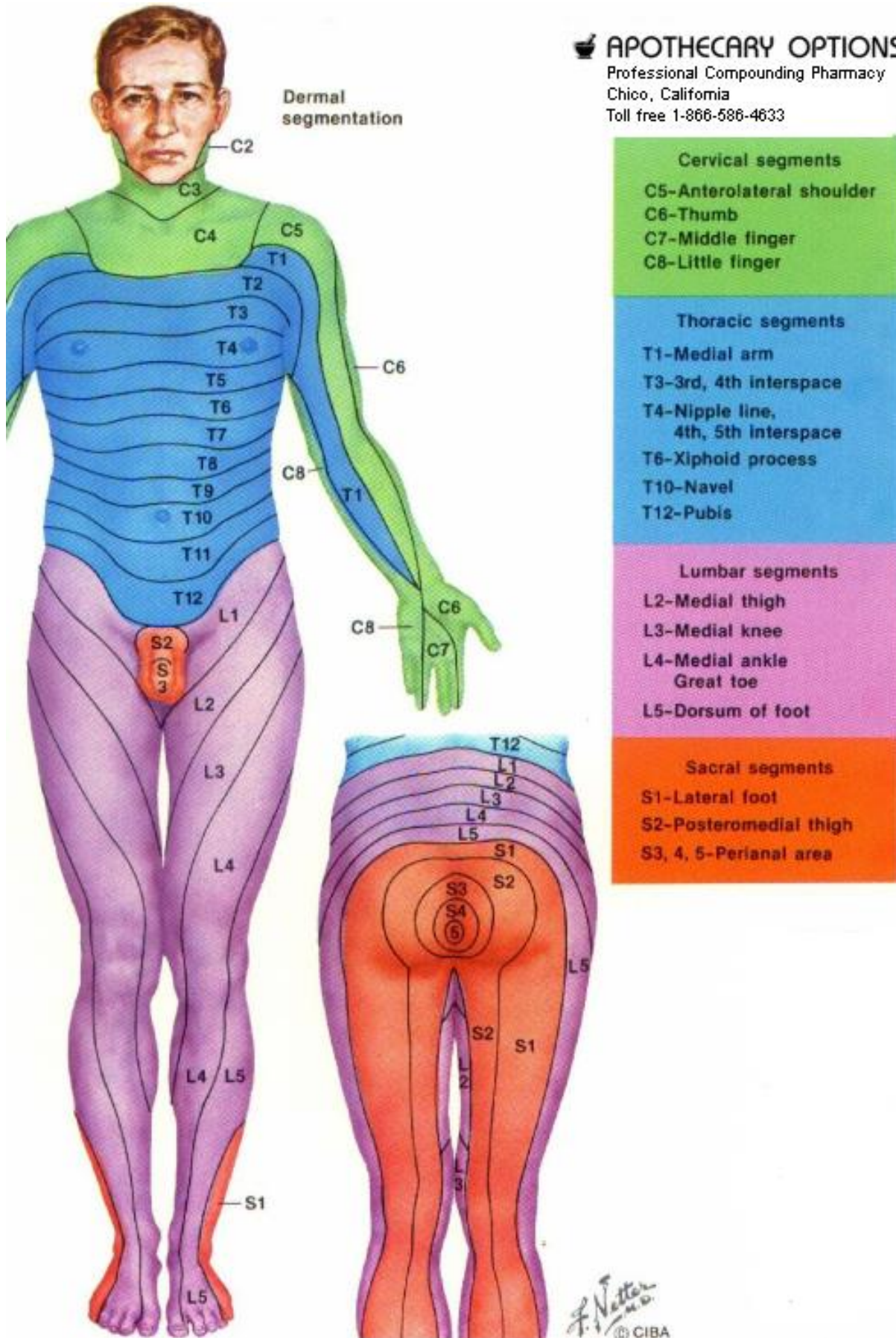
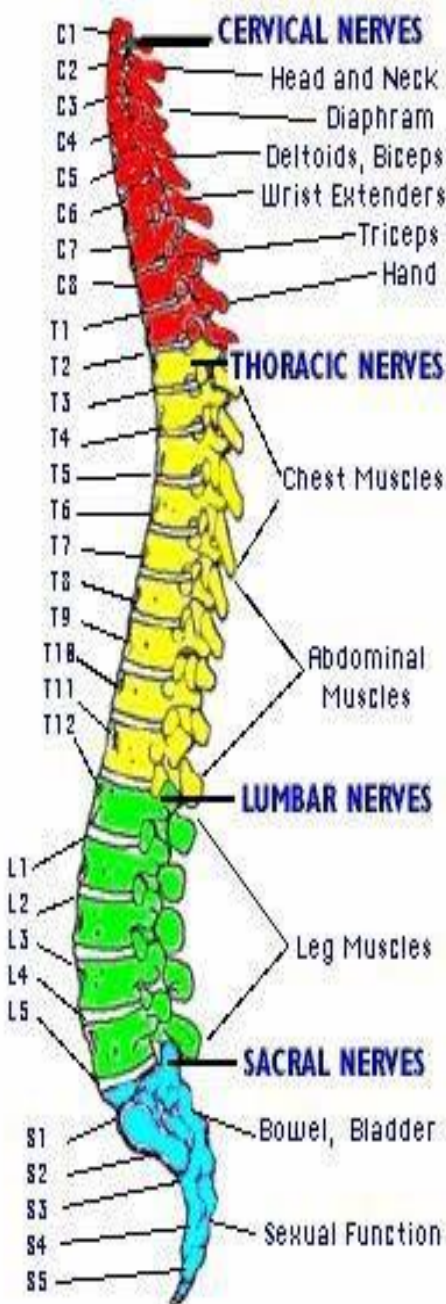


Figure 1. Map of the Human Dermatome



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Table 2. Spinal Segments and Dermatome Descriptions

Spinal Cord Segment	 <p>The diagram illustrates the human spine from the neck to the tailbone, divided into four color-coded regions: Cervical (red), Thoracic (yellow), Lumbar (green), and Sacral (blue). Each region is labeled with its corresponding spinal segments and associated nerves. Cervical nerves (C1-C8) are linked to muscles like the diaphragm, deltoids, biceps, wrist extensors, triceps, and hand. Thoracic nerves (T1-T12) are linked to chest and abdominal muscles. Lumbar nerves (L1-L5) are linked to leg muscles. Sacral nerves (S1-S5) are linked to the bowel, bladder, and sexual function. The diagram also shows the branching of nerves to various parts of the body, such as the head and neck, and the lower extremities.</p>	Dermatome Involved
C1-2		Scalp and side of head
C3		Entire neck, lower half of the ear
C4		Neck to mid-deltoid
C5		Shoulder, Anterior Arm
C6		Outer side of forearm to thumb
C7		Index, middle, and ring fingers
C8		Little finger, medial hand
T1		Medial Forearm
T2		Medial Arm
T3		Axilla (underarm area)
T4-12		Encircling the trunk
L1		Iliac crest, Lower abdomen
L2		Anterior thigh
L3		Patella, Anterior shin to medial malleolus (the protrusions on both sides of the ankle joint)
L4		Medial side of foot to great toe
L5		Dorsum of foot, middle three toes
S1		Lateral foot
S2		Posterior leg
S3		Perianal area
S4		Genitals; "saddle area"
S5		Coccyx

Prescription Request/Consult Form

Patient Name: _____ Date: _____

Address: _____ Date of Birth: _____

City: _____ State: California Only Zip: _____

Day Phone: (_____) _____ Evening Phone: (_____) _____

Allergies: _____

Customized Pain Cream Formulation

(Max concentration of all ingredients combined is 20%)

Acyclovir _____% (max 5%)

Baclofen _____% (max 2%)

Clonidine _____% (max 0.2%)

Diclofenac _____% (max 3%)

Glucosamine _____% (max 10%)

Ibuprofen _____% (max 5%)

Ketoprofen _____% (max 10-15%)

Meloxicam _____% (max 0.3-1%)

Orphenadrine _____% (max 5%)

Piroxicam _____% (max 1%)

Amitriptyline _____% (max 2%)

Bupivacaine _____% (max 1%)

Cyclobenzaprine _____% (max 2%)

Gabapentin _____% (max 5%)

Guaifenesin _____% (max 10%)

Ketamine ** _____% (max 6%)

Lidocaine _____% (max 5%)

MSM _____% (max 5%)

Pentoxifylline _____% (max 5%)

Tetracaine USP _____% (max 2%)

60gm

120gm

Refill _____ ** Valid DEA# required for Ketamine

Sig: _____

Prescriber Signature: _____

Prescriber Name: _____

Address: _____

City: _____ State: _____ Zip: _____

State License: _____ DEA: _____ *required for Ketamine

Phone: (_____) _____ Fax: (_____) _____

Instructions:

1. Have your prescriber complete all the sections of this request form and sign it.
2. Our pharmacists will contact the prescriber directly to verify legitimacy of this information and obtain a verbal authorization and prescription as required by law. We can only ship to California addresses
3. After contacting your prescriber, we will contact you to arrange for payment and shipping.
4. To get started, fax or mail this completed form to:



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