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Sports Medicine Compounding Ideas

Athlete's Foot

- Tea Tree Oil 5.4%/Lavender Oil 1%/Clotrimazole 1%/Undecylenic Acid 5%/Urea 5% Topical Cream

Blisters

- Blister Ointment HC 2% Blister Ointment Pre; Blister Ointment II

Corns/Callouses

- Salicylic Acid 10%/Podophyllum 10%/Trichloroacetic Acid 10% (W/V) Topical Solution (Corn and Callous Therapy)
- Salicylic Acid/Menthol Cream (Corn and Callous Removal Cream)

Heel Spurs

- Ketoprofen 10% Topical Lipoderm (Pentylene Glycol)
- Amitriptyline HCl 2%/Baclofen 5%/Ketamine HCl 5%/Ketoprofen 10% Topical Lipoderm
- Amitriptyline HCl 2%/Ketoprofen 2%/Carbamazepine 2% Topical Lipoderm
- Ibuprofen 20% in Lipoderm Transdermal Gel

Plantar Fasciitis

- Ketoprofen 20%/Ibuprofen 2%/Ketamine 2%/Clonidine 0.2%/Amitriptyline HCl 2%/Guaifenesin 2% Topical Lipoderm
- Ketoprofen 10%/Guaifenesin 10%/Capsaicin 0.025%/Lidocaine 2%/Amitriptyline HCl 2% Topical Lipoderm
- Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm
- Baclofen 5%/Ketoprofen 10%/Lidocaine 5%/Gabapentin 5% Topical Lipoderm

Nail Removal (Non-Surgical)

- Urea 40% Ointment
- Urea 40%/Bacitracin/Clotrimazole/Ibuprofen/DDG xOintment

Nail Fungus

- Itraconazole 1%/Ibuprofen 2% in DMSO Nail Polish
- Fluconazole 1%/DMSO Topical Solution

Fungal Skin Infections

- Clotrimazole 2%/Ibuprofen 2%/Tea Tree Oil 1% Topical Cream
- Ketoconazole/Tea Tree Oil/DMSO Antifungal Solution

Methicillin-Resistant *Staphylococcus aureus* (MSRA)

- Clindamycin 3%/Doxycycline 1% Topical Ointment

Excessive Perspiration/Foot Odor

- Glycopyrrolate 0.5% Topical Solution
- Methenamine 5% Clear Lotion/Gel

Pain

- Ketoprofen 20%/Ibuprofen 2%/Ketamine 2%/Clonidine 0.2%/Amitriptyline HCl 2%/Guaifenesin 2% Topical Lipoderm
- Ketoprofen 10%/Guaifenesin 10%/Capsaicin 0.025%/Lidocaine 2%/Amitriptyline HCl 2% Topical Lipoderm
- Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm
- Baclofen 5%/Ketoprofen 10%/Lidocaine 5%/Gabapentin 5% Topical Lipoderm
- Ketamine HCl 5%/Gabapentin 10%/Clonidine HCl .02%/Baclofen 2% Topical Lipoderm



These are just a few ideas – tell us your need – we may have a solution!

Nausea

- Promethazine HCl 25 mg/ml Topical Lipoderm
- Ginger Root 200 mg Sorbitol Lollipop Base
- Ondansetron 4 mg/0.1 mL Topical Lipoderm
- Ondansetron 4 mg Sorbitol Lollipop Base
- Ondansetron 8 mg Base MBK Suppository

Muscle Spasms/Leg Cramps

- Guaifenesin (2% and 10%) in Lipoderm Base
- Magnesium Chloride USP 10 % Topical Lipoderm

Lip Balm

- Deoxy-D-Glucose (2) 2%/Lidocaine 1%/PABA 0.75% Lip Balm

Sunburn

- Diclofenac Sodium Sunburn Gel 1.3%
- Indomethacin 1%/Lidocaine 1% Topical Cream
- Ketoprofen 5%/Lidocaine 0.5% Topical Gel
- Aloe Vera/Lidocaine Lotion

Bleeding from Cuts/Scrapes

- Lidocaine HCl 4%/Tetracaine HCl 0.5%/Epinephrine HCl 0.05% Topical Spray (LAT Spray)

Nose Pack Solution

- Phenylephrine/Tetracaine Solution

Bruises

- Ascorbic Acid 20%/Phytonadione 1%/Vitamin E 5 IU/GM/Bromelain 5% Topical Cream
- Heparin 300 U/GM Cream

Hemorrhoids

- Lidocaine 2%/HC 1% Base MBK/Wax Rectal Rocket Suppository
- Aloe Vera 3%/Vitamin E 100 IU/Zinc Oxide 3% Rectal Rocket Suppository

Warts

- Cimetidine 10%/Deoxy-D-Glucose 0.29%/Ibuprofen 2% Topical Lipoderm (Often prescribed for plantar warts)
- Salicylic Acid 40% Ointment
- Fluorouracil 5%/Salicylic Acid 6% Topical Cream
- Fluorouracil 5%/Salicylic Acid 15%/Cimetidine 5%/Deoxy-D-Glucose 0.2% Topical Lipoderm (often prescribed for plantar warts)

Iontophoresis Solutions

- Dexamethasone 0.4% Iontophoresis Solution (PF)
- Gabapentin 6% Iontophoresis Solution
- Dexamethasone 0.4%/Lidocaine HCl 4% Iontophoresis Solution (PF)
- Ketoprofen 10% Iontophoresis Solutions (PF)

Phonophoresis Gels (Ultrasound)

- Hydroxyethyl Cellulose 3% Aqueous Gel (Ultrasound Gel General Formula)
- Hydrocortisone 10% Ultrasound Gel



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