

# Vulvodynia & Dyspareunia Therapy

Compounded topical therapy for chronic vulvovaginal pain.

✓ TOPICAL · MULTI-INGREDIENT · PHYSICIAN-PRESCRIBED

Vulvodynia and dyspareunia — chronic vulvar pain and painful intercourse — affect a significant number of women and are frequently underdiagnosed and undertreated. Commercial treatment options are limited. Compounded topical therapy allows your physician to **target the specific mechanisms driving your pain** with a personalized, multi-ingredient preparation applied directly where it's needed.

## Active Ingredients We Use

### Gabapentin

Reduces neuropathic pain signals at the vulvar surface. Particularly effective for burning, stinging, and hypersensitivity.

### Lidocaine

Local anesthetic providing immediate relief from pain and discomfort. Often used before intercourse or examination.

### Amitriptyline

At low topical doses, modulates nerve pain signaling and reduces central sensitization contributing to chronic vulvar pain.

### Estradiol / Testosterone

Restores tissue health in atrophic or hormonally depleted tissue — addressing the structural component of dyspareunia.

## Why Compounding?

No single commercial product addresses the multiple mechanisms underlying vulvodynia and dyspareunia. Compounding allows your physician to combine a **nerve pain modulator, a local anesthetic, and hormonal support** in a single topical preparation — customized to your presentation. The right base is also selected for vulvar tissue compatibility, avoiding common irritants found in commercial formulations.

## What to Expect

- Applied Topically**  
Small amount applied to the affected area as directed — before activity, at bedtime, or both.
- Gradual Improvement**  
Neuropathic pain responds over weeks. Many patients notice meaningful relief within 4–8 weeks of consistent use.
- Part of a Plan**  
Compounded therapy works best as part of a comprehensive treatment approach guided by your physician.

### Compounded at The Medicine Shoppe

Custom formula · vulvar-compatible base · 30-day supply  
Prescription required · Ingredients per your prescriber

## Could This Be Right for You?

- You experience chronic vulvar burning, stinging, or pain with no clear cause
- Intercourse is painful or you experience discomfort during gynecological exams
- Standard treatments haven't provided adequate or lasting relief
- Your doctor has recommended a compounded topical approach for your symptoms

**Ask your doctor about compounded vulvodynia therapy.**

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Phone, fax (717) 845-8767, or e-prescribe. For educational purposes only — not medical advice.