

# Amitriptyline/Lidocaine/Ketoprofen Topical Product

## Why is this medication prescribed?

- This topical product is a combination of three different medications and is sometimes referred to as “Triple Cream”. This product includes:
  - **Amitriptyline**
    - A tricyclic antidepressant (TCA) that is commonly used to manage several types of chronic nerve pain.
  - **Lidocaine**
    - A local anesthetic that is commonly used in topical form to manage nerve pain from shingles infection.
  - **Ketoprofen**
    - A non-steroidal anti-inflammatory (NSAID) that is used to reduce pain by reducing inflammation.
- This topical product is used to treat certain types of chronic pain that have not responded to other pain management approaches and when the area impacted is small and can be adequately managed with the use of a topical product to one specific area. The aim is to reduce the intensity of pain in the area affected and promote movement or better function of the affected area.
- Sometimes topical products are preferred over oral products if the risk of side effects from an oral product is considered too great and there is a desire for less drug absorption into the blood supply.

## How should this medication be used?

- Topical “Triple Cream” can be applied to the painful area up to four times a day
- To apply:
  - Wear gloves
  - Remove a small amount (about the size of a finger-tip) of product from the container
  - Place the topical product on clean, dry, intact skin and gently massage the product into the area until it disappears
  - Remove gloves and then wash hands with soap and water
- To prevent unintentional transfer of the drug to others, avoid direct skin-to-skin contact with children and other people or animals until the topical product is absorbed into the skin.

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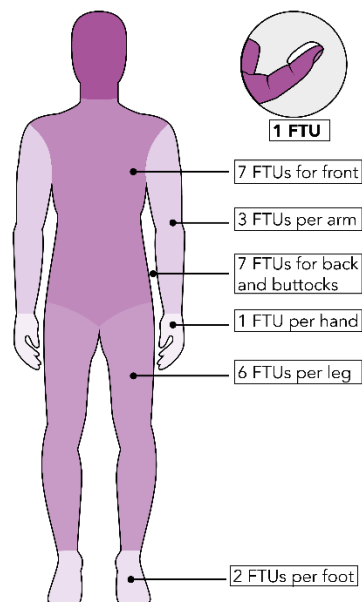
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## How much of this medication should be used?

- The amount used will depend on the size of the area the product is applied to. The finger-tip unit (FTU) strategy can help determine how much topical product is needed.



One FTU is approximately 0.5 grams.

For example:

To manage morning and bedtime right foot pain, 2 FTUs (= 1 gram) would be applied in the morning and at night.

This means 60 grams would last one month if used regularly twice a day

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## What additional information should I know about this medication?

“Triple Cream” is a specially compounded product. It is not available as a commercially manufactured product. To make this product, a powder form of the medications is mixed with a gel or cream base to form a topical product. A variety of gel and cream bases have been used to make topical “Triple Cream” products and for this reason the base may differ depending on which compounding pharmacy and recipe is used. If you find the base is too greasy or irritates your skin, speak with your compounding pharmacist about alternative base options.

## What side effects can this medication cause?

“Triple Cream” is well tolerated. There is a low chance of side effects because of very low absorption into the blood supply.

## What storage conditions are needed for this medication?

- Keep this medication in the container it came in, tightly closed, and out of reach of children.
- Store at room temperature, away from excess heat/moisture (not in the kitchen or bathroom).
- If at any point in the future this product is stopped by your doctor, return any remaining supply to your community pharmacist for proper medication disposal.

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