

# Commonly Requested Compounding Ideas for Sports Medicine

## Commonly Requested Formulas for Patients with Blisters

PCCA Formula # 11321	Pitch Ointment (PracaSil™-Plus)
PCCA Formula # 7864	Blister Ointment HC 2%
PCCA Formula # 7865	Blister Ointment Pre
PCCA Formula # 6643	Blister Ointment II

## Commonly Requested Formulas for Patients with Corns/Callouses

.PCCA Aladerm™ (PCCA #30-1142) is a great base for softening skin

PCCA Formula # 10417	Urea 20% Topical Gel (PracaSil™-Plus)
PCCA Formula # 1435	Salicylic Acid 10%/Podophyllum 10%/Trichloroacetic Acid 10% (W/V) Topical Solution
PCCA Formula # 3057	Salicylic Acid 20%/Menthol 0.1% Topical Cream

## Commonly Requested Formulas for Patients with Heel Spurs

PCCA Formula # 11007	Ketamine HCl 5%/Gabapentin 10%/Tizanidine HCl 0.2%/Baclofen 2% Topical Lipoderm®
PCCA Formula # 11019	Ketamine HCl 10%/Gabapentin 6%/Tizanidine HCl 0.2%/Nifedipine 2% Topical Lipoderm® ActiveMax™
PCCA Formula # 11100	Ketamine HCl 5%/Gabapentin 6%/Amitriptyline HCl 3%/Indomethacin 5%/Tizanidine HCl 0.2%/Lidocaine 2% Topical Lipoderm® ActiveMax™
PCCA Formula # 11099	Ketoprofen 10%/Tizanidine HCl 0.2%/Bupivacaine HCl 1% Topical Lipoderm®
PCCA Formula # 9448	Ketoprofen 10% Topical Lipoderm® (FormulaPlus™ BUD Study) <i>This is the formula used in PCCA's Lipoderm® study – see the Members-Only Website to download your copy.</i>
PCCA Formula # 9447	Ibuprofen 20% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 9376	Amitriptyline HCl 2%/Baclofen 2%/Ketamine HCl 5%/Ketoprofen 10% Topical Lipoderm®
PCCA Formula # 9375	Amitriptyline HCl 2%/Ketoprofen 2%/Carbamazepine 2% Topical Lipoderm®

## Commonly Requested Formulas for Patients with Plantar Fasciitis

PCCA Formula # 10319	Flurbiprofen 10%/Cyclobenzaprine HCl 1%/Gabapentin 6%/Lidocaine 2%/Prilocaine HCl 2% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 10288	Lidocaine 2%/Diclofenac Sodium 3%/Cyclobenzaprine HCl 2%/Baclofen 2% Topical Lipoderm® ActiveMax™
PCCA Formula # 10586	Tramadol HCl 5%/Lidocaine 5%/Cyclobenzaprine HCl 2%/Diclofenac Sodium 5%/Menthol 1%/DMSO 5% Topical Lipoderm® Activemax™
PCCA Formula # 10612	Flurbiprofen 10%/Amitriptyline HCl 1%/Gabapentin 6%/Lidocaine 2%/Prilocaine 2%/Magnesium Chloride 5% Topical Lipoderm® ActiveMax™
PCCA Formula # 10862	Ketamine HCl 10%/Diclofenac Sodium 8%/Gabapentin 6%/Bupivacaine HCl 1%/Cyclobenzaprine HCl 2%/Baclofen 2% Topical Lipoderm® ActiveMax™
PCCA Formula # 11090	Flurbiprofen 10%/Baclofen 2%/Cyclobenzaprine HCl 2%/Tetracaine 2% Topical Lipoderm® ActiveMax™ (FormulaPlus™ BUD Study)
PCCA Formula # 11091	Ketamine HCl 10%/Baclofen 2%/Cyclobenzaprine HCl 2%/Gabapentin 6%/Lidocaine 5% Topical Lipoderm® ActiveMax™
PCCA Formula # 9450	Piroxicam 5% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 9874	Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 9378	Ketoprofen 20%/Ibuprofen 2%/Ketamine 2%/Clonidine 0.2%/Amitriptyline HCl 2%/Guaifenesin 2% Topical Lipoderm®
PCCA Formula # 9381	Ketoprofen 10%/Guaifenesin 10%/Capsaicin 0.025%/Lidocaine 2%/Amitriptyline HCl 2% Topical Lipoderm®

PCCA Formula # 9379 Baclofen 2%/Ketoprofen 10%/Lidocaine 5%/Gabapentin 5% Topical Lipoderm®  
PCCA Formula # 9375 Amitriptyline HCl 2%/Ketoprofen 2%/Carbamazepine 2% Topical Lipoderm®

#### **(Commonly Requested Formulas for Patients Requiring Nail Removal (Non-Surgical)**

PCCA Formula # 10229 Urea 40% Occlusive Ointment  
PCCA Formula # 4121 Urea 40%/Bacitracin 500 U/Gm/Clotrimazole 2%/Ibuprofen 2%/Deoxy-D-Glucose (2) 0.19%  
Topical Ointment

#### **Commonly Requested Formulas for Patients with Nail Fungus**

*Dispense these solutions in wide mouth amber bottles (PCCA #35-1412) with a brush cap (PCCA #35-2085)*

PCCA Formula # 11577 Ciclopirox 8%/Fluconazole 1%/Terbinafine HCl 1% Topical Gel  
PCCA Formula # 11839 Ketoconazole 2%/Urea 40%/DMSO Nail Suspension  
PCCA Formula # 11990 Itraconazole 1%/Terbinafine HCl 3%/Tea Tree Oil 6.6%/Urea 10%/Biotin 0.6%/DMSO Nail Suspension  
PCCA Formula # 4337 Itraconazole 1%/Ibuprofen 2%/ DMSO Nail Solution  
PCCA Formula # 3353 Fluconazole 1%/DMSO Topical Solution

#### **Commonly Requested Formulas for Patients with Athlete's Foot and Fungal Skin Infections**

PCCA Formula # 9329 Ketoconazole 2%/Miconazole 2%/Clotrimazole 1% Topical Cream (VersaBase®)  
PCCA Formula # 4650 Clotrimazole 2%/Ibuprofen 2%/Tea Tree Oil 1% Topical Cream  
PCCA Formula # 4435 Ketoconazole 2%/Tea Tree Oil 5%/DMSO Topical Solution  
PCCA Formula # 1001 Amphotericin B 3% Topical Lotion  
PCCA Formula # 9357 Ketoconazole 2%/Ibuprofen 2% Topical Powder  
PCCA Formula # 8609 Ketoconazole 2% Topical Foam (VersaBase®)  
PCCA Formula # 4462 Tea Tree Oil 5.4%/Lavender Oil 1%/Clotrimazole 1%/Undecylenic Acid 5%/Urea 5% Topical Cream

#### **(Commonly Requested Formula for Patients with Methicillin-Resistant Staphylococcus aureus (MRSA)**

PCCA Formula # 9356 Clindamycin 3%/Doxycycline 1% Topical Ointment  
PCCA Formula # 9358 Vancomycin HCl 2.5 % Topical Spray  
PCCA Formula # 10290 Vancomycin 5%/Mupirocin 5% Spira-Wash™ Gel  
PCCA Formula # 10843 Mupirocin 2% Topical Gel (PracaSil™-Plus)

#### **Commonly Requested Formulas for Patients with Excessive Perspiration/Foot Odor**

*The roll-on bottle (PCCA #35-1922 or #35-3696) is ideal for dispensing topical anti-perspirant solutions*

PCCA Formula # 9230 Glycopyrrolate 0.5% Topical Solution  
PCCA Formula # 2332 Glycopyrrolate 1% Topical Lotion  
PCCA Formula # 2543 Methenamine 5% Clear Topical Lotion  
PCCA Formula # 3943 Methenamine 5%/Benzalkonium Chloride 2%/Chlorhexidine DiGluconate 0.5% Topical Solution  
PCCA Formula # 1192 Aluminum Chlorohydrate 20% Topical Antiperspirant Stick  
PCCA Formula # 0978 Aluminum Chlorohydrate 5% Topical Powder  
PCCA Formula # 0068 Formaldehyde Roll-on Deodorant  
PCCA Formula # 4687 Glycopyrrolate 0.25%/Tea Tree Oil 2.5% Topical Stick  
PCCA Formula # 4329 Aluminum Chlorohydrate 25%/Undecylenic Acid 5%/Paraformaldehyde Foot Powder

### Commonly Requested Formulas for Patients with Arthritis / Joint Pain

PCCA Formula # 9448	Ketoprofen 10% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 9447	Ibuprofen 20% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 9861	Cetyl Myristoleate 2% Topical Lipoderm® <i>See PCCA Document #99205, A New Approach to Arthritis by Andy Glasnapp – Consultant's Corner (11-15 Apothagram)</i>
PCCA Formula # 9446	Glutathione 20% (W/W) Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 12050	Magnesium Chloride Hexahydrate 10% Topical Lipoderm®
PCCA Formula # 10805	Naltrexone HCl 0.5 mg Capsules Size #1 (LoxOral™)
PCCA Formula # 10803	Naltrexone HCl 4 mg Capsules Size #3 (LoxOral™) <i>See PCCA Document #99100, Video on Demand Overview: Low-Dose Naltrexone – January 26, 2016 (#45-2300), and PCCA Document #99139, The Possibilities of Naltrexone by Sebastian Denison (03-16 Apothagram)</i>

### Commonly Requested Formulas for Patients with Inflammation

PCCA Formula # 9448	Ketoprofen 10% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 9447	Ibuprofen 20% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 11096	Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm® ActiveMax™ (FormulaPlus™ BUD Study)
PCCA Formula # 9450	Piroxicam 5% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 10706	Diclofenac Sodium 10% Topical Lipoderm® ActiveMax™
PCCA Formula # 9516	Ibuprofen 20%/Piroxicam 1% Topical Lipoderm®

### Commonly Requested Formulas for Patients with Neuropathic Pain

PCCA Formula # 10835	Ketamine HCl 5%/Gabapentin 10%/Clonidine HCl 0.2%/Baclofen 2% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 11100	Ketamine HCl 5%/Gabapentin 6%/Amitriptyline HCl 3%/Indomethacin 5%/Tizanidine HCl 0.2%/Lidocaine 2% Topical Lipoderm® ActiveMax™
PCCA Formula # 11091	Ketamine HCl 10%/Baclofen 2%/Cyclobenzaprine HCl 2%/Gabapentin 6%/Lidocaine 5% Topical Lipoderm® ActiveMax™
PCCA Formula # 10862	Ketamine HCl 10%/Diclofenac Sodium 8%/Gabapentin 6%/Bupivacaine HCl 1%/Cyclobenzaprine HCl 2%/Baclofen 2% Topical Lipoderm® ActiveMax™
PCCA Formula # 10319	Flurbiprofen 10%/Cyclobenzaprine HCl 1%/Gabapentin 6%/Lidocaine 2%/Prilocaine HCl 2% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 10287	Diclofenac Sodium 5%/Gabapentin 5%/Amitriptyline HCl 2% Topical Lipoderm® ActiveMax™ (FormulaPlus™ BUD Study)
PCCA Formula # 9378	Ketoprofen 20%/Ibuprofen 2%/Ketamine 2%/Clonidine 0.2%/Amitriptyline HCl 2%/Guaifenesin 2% Topical Lipoderm®
PCCA Formula # 9379	Baclofen 2%/Ketoprofen 10%/Lidocaine 5%/Gabapentin 5% Topical Lipoderm®
PCCA Formula # 9381	Ketoprofen 10%/Guaifenesin 10%/Capsaicin 0.025%/Lidocaine 2%/Amitriptyline HCl 2% Topical Lipoderm®

### Commonly Requested Formulas for Patients with Muscle Spasms/Leg Cramps

PCCA Formula # 9791	Guaifenesin 10% Topical Lipoderm®
PCCA Formula # 10154	Magnesium Sulfate Heptahydrate 10% Topical Lipoderm® ActiveMax™
PCCA Formula # 10056	Guaifenesin 10%/Magnesium Sulfate Heptahydrate 10% Topical Lipoderm®
PCCA Formula # 11090	Flurbiprofen 10%/Baclofen 2%/Cyclobenzaprine HCl 2%/Tetracaine 2% Topical Lipoderm® ActiveMax™ (FormulaPlus™ BUD Study)
PCCA Formula # 11096	Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm® ActiveMax™ (FormulaPlus™ BUD Study)

PCCA Formula # 9380	Ketoprofen 5%/Cyclobenzaprine HCl 0.5%/Lidocaine HCl 5%/Bupivacaine HCl 1% Topical Lipoderm®
PCCA Formula # 9874	Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm® (FormulaPlus™ BUD Study)
PCCA Formula # 9096	Magnesium Chloride 10%/Peppermint 1% Topical Cream
PCCA Formula # 12050	Magnesium Chloride Hexahydrate 10% Topical Lipoderm®

#### Commonly Requested Formulas for Patients Needing Lip Balms with Sunscreen

PCCA Formula # 10080	Gluconolactone 3%/Sunscreen Compound Lip Balm
PCCA Formula # 9632	Octinoxate 7%/Oxybenzone 3%/Shea Butter/Aloe Vera Lip Balm
PCCA Formula # 0429	Sunscreen Lip Balm (PABA-Free)
PCCA Formula # 4145	Deoxy-D-Glucose (2) 2%/Lidocaine 1%/PABA 0.75% Lip Balm

#### Commonly Requested Formulas for Patients with a Sunburn

PCCA Formula # 4856	Diclofenac Sodium Sunburn Gel 1.3% Topical Gel
PCCA Formula # 4144	Indomethacin 1%/Lidocaine 1% Topical Cream
PCCA Formula # 2256	Ketoprofen 5%/Lidocaine 0.5% Topical Gel
PCCA Formula # 2194	Lidocaine 2%/Aloe Vera Topical Lotion

#### Commonly Requested Formulas for Patients Who Have Bleeding from Cuts/Scrapes

PCCA Formula # 9242	Lidocaine HCl 4%/Tetracaine HCl 0.5%/Epinephrine HCl 0.05% Topical Spray
PCCA Formula # 0975	Aluminum Chloride 20% Compound Topical Solution

#### Commonly Requested Formulas for Patients Needing a Nose Pack Solution

PCCA Formula # 11875	Phenylephrine HCl 0.094%/Tetracaine HCl 0.5% Nasal Pack Solution
PCCA Formula # 11429	Tranexamic Acid 10% Nasal Drop (MucoLox™)
PCCA Formula # 10620	Aminocaproic Acid 250 mg/mL Poloxamer Nasal Spray

#### Commonly Requested Formulas for Patients with Bruises

PCCA Formula # 5723	Ascorbic Acid 20%/Phytonadione 1%/Vitamin E 5 IU/Gm/Bromelain 5% Topical Cream
PCCA Formula # 4370	Heparin 300 U/Gm Cream

#### Commonly Requested Formulas for Patients with Warts

PCCA Formula # 12048	Naltrexone HCl 1%/Deoxy-D-Glucose 0.2%/EGCg 0.2%/Cimetidine 15%/Salicylic Acid 15%/Vitamin A Palmitate 25,000 U/Gm/Zinc Acetate 0.5% Topical Anhydrous Lipoderm®
PCCA Formula # 11084	Salicylic Acid 16.7%/Lactic Acid 16.7% (W/V)/Trichloroacetic Acid 12%/Flexible Collodion Topical Solution
PCCA Formula # 10847	Cimetidine 10%/Deoxy-D-Glucose 0.2%/Ibuprofen 2%/Lidocaine 5%/Salicylic Acid 15% Topical Occlusaderm®
PCCA Formula # 10359	Salicylic Acid 15%/Cimetidine 5% Topical Occlusaderm®
PCCA Formula # 11073	Cimetidine 10%/Fluorouracil 5%/Deoxy-D-Glucose 2%/Salicylic Acid 10%/Imiquimod 5% Topical Lipoderm®
PCCA Formula # 11417	Cimetidine 10%/Fluorouracil 5%/Deoxy-D-Glucose 2%/Imiquimod 5% Topical Lipoderm®
PCCA Formula # 0375	Squaric Acid Dibutyl Ester 0.1% Topical Solution
PCCA Formula # 4257	Diphenylcyclopropenone 0.01% Topical Solution
PCCA Formula # 2191	Cantharidin Plus Topical Liquid

### Commonly Requested Formulas for Patients Requiring Iontophoresis Solutions

PCCA Formula # 10306	Ketoprofen 10%/Guaifenesin 5%/Gabapentin 5% Iontophoresis Solution (PF)
PCCA Formula # 10304	Lidocaine HCl 10%/Amitriptyline HCl 5%/Cyclobenzaprine HCl 5% Iontophoresis Solution (PF)
PCCA Formula # 5042	Dexamethasone 0.4% Iontophoresis Solution (PF)
PCCA Formula # 1392	Dexamethasone 0.4%/Lidocaine HCl 4% Iontophoresis Solution (PF)
PCCA Formula # 8277	Gabapentin 6% Iontophoresis Solution
PCCA Formula # 7666	Ketoprofen 10% Iontophoresis Solution (PF)
PCCA Formula # 7926	Ketoprofen 30% Iontophoresis Solution
PCCA Formula # 5051	Lidocaine HCl 4% Iontophoresis Solution (PF)

### Commonly Requested Formulas for Patients Requiring Phonophoresis Gels (Ultrasound)

PCCA Formula # 4430	Hydroxyethyl Cellulose 3% Aqueous Gel (PF) (Ultrasound Gel General Formula)
PCCA Formula # 5046	Hydrocortisone 10% Ultrasound Gel (PF)
PCCA Formula # 5041	Dexamethasone 1.5%/Lidocaine HCl 4% Ultrasound Gel (PF)

### Commonly Requested Formulas for Patients with Lice

PCCA Formula # 10490	Benzyl Alcohol 5%/Tea Tree Oil 10%/Lavender Oil 1% Topical Lotion
PCCA Formula # 4712	Ivermectin 1% Topical Lotion
PCCA Formula # 4847	Aromatic Head Lice Formula (Essential Oils)

*The formulas and/or statements listed are provided for educational purposes only. They are compounding ideas that have commonly been requested by physicians, and have not been evaluated by the Food and Drug Administration. Formulas and/or material listed are not to be interpreted as a promise, guarantee or claim of therapeutic efficacy or safety. The information contained herein is not intended to replace or substitute for conventional medical care, or encourage its abandonment. Every patient is unique, and formulas should be adjusted to meet their individual needs.*