

Thermo Plus–Creams

Patient Specific Compounded Medication

Creams that deliver medication specifically to the source of the pain

Thermo Plus–Relief

Thermo Plus–Relief is a transdermal cream used to treat pain, inflammation and muscle spasms directly at the site of injury. The compounds consist of multiple unique drugs with different modes of action to quickly and effectively relieve the patient's discomfort. Thermo Plus–Relief is formulated with a proven transdermal delivery system.

Thermo Plus–HP Relief

Thermo Plus–HP Relief is a cream specifically designed to relieve the pain caused by plantar fasciitis. It is formulated with specific drugs intended to help loosen the tight bundle of fascia at or close to the site of the patient's pain. It is formulated with a proven transdermal base that helps deliver the drugs through the skin to alleviate the pain.

Thermo Plus–K Relief

Thermo Plus–K Relief is a cream that contains ketamine, a drug that is often used transdermally to treat neuropathic pain. Thermo Plus–K Relief is prescribed in addition to Thermo Plus–Relief or Thermo Plus–HP Relief to help with difficult to treat nerve pain.

Thermo Plus–Diminish

Thermo Plus–Diminish topical creams are specifically designed to help the healing process and diminish scar tissue.



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Benefits of the Thermo Plus–Creams

As a topical local pain reliever and reducer of inflammation, Thermo Plus–Creams deliver medication directly to the site of treatment.

Thermo Plus–Cream benefits:

- Requires only a fraction of the dose compared to oral pain medication
- Reduces the need for oral pain medication, which affects the entire body

Thermo Plus–Cream ingredient bupivacaine lasts longer than the more commonly used tetracaine or lidocaine, providing increased pain relief.

Thermo Plus–Cream:

- Is packaged in pre-measured dispensing bottles with UV protection to prevent chemical breakdown
- Each bottle of Thermo Plus–Cream provides enough cream for 3 to 4 weeks of treatment

Application and delivery

Thermo Plus–Creams can be used up to 5 times per day. For best results, the patient should:

1. Wash site of pain/inflammation/swelling
2. Apply one pump of cream and rub into site for 30 seconds
3. Use of local thermal therapy (heat) is recommended prior to use to embrace delivery

Patient must use this medication as prescribed. Thermo Plus–Creams should not be applied to open wounds.

A physician may also prescribe use of other products that work in conjunction with the Thermo Plus–Creams. These products may include:

- **Thermo Plus–System:** When used during rehabilitation, patients can experience a reduction in pain and inflammation
- **Thermo Plus–CPM:** During rehabilitation, patients experience reduced pain and a greater range of motion

Active Ingredients		Thermo Plus-Relief	Thermo Plus-HP Relief	Thermo Plus-K Relief
Flurbiprofen Anti-Inflammatory (non-steroidal)	10% - 20%	X	X	X
Gabapentin Nerve Pain Depressant	6%	X	X	X
Cyclobenzaprine Muscle Relaxant	2%	X	X	X
Bupivacaine Local anesthetic	1% - 2%	X	X	X
Ketamine "Other" Anesthetic/Pain Suppressant	30%			X
Diphenhydramine Antihistamine (sodium-calcium channel blocker)	5%		X	
Baclofen Muscle Relaxer	2%	X		

Two formulas are available for Thermo Plus-Diminish creams

Active Ingredients	Product Code
Levocetirizine 2%, Betamethasone 0.05%, Doxepin 3%, Tranilast 2%	CP159
Levocetirizine 1%, Dimethyl Sulfone 1%, Doxepin 3%, EGCG 1%, Tranilast 1%, Lidocaine 3%	CP160



Warning: If the patient is allergic to any of the ingredients in Thermo Plus-Creams the patient should not use the medication. Patient should contact their physician immediately.

Side Effects: If allergic, patients may respond negatively to any of the medications represented in this therapy. Although absorption of an appreciable amount of the active ingredients is uncommon, some can occur in rare situations. Absorption, if it does occur, will typically result in stomach upset (anti-inflammatory) and drowsiness (muscle relaxant, nerve pain suppressant or anesthetics). If patient experiences any of these side effects (or other events that they feel are abnormal), patient should contact their physician.

Overdose: If an overdose is identified, please contact poison control at 800-POISON.1.

Missed Dose: The patient may apply a missed dose as soon as they recognize that it has been missed. Please allow a minimum of 4 hours between applications unless otherwise directed by a healthcare professional.

Storage: Store this medication in a cool dry place. Avoid exposure to excessive heat, sunlight or dampness. Compounded preparations are not reviewed by the FDA for safety or efficacy. It is important to choose a compounding pharmacy that adheres to strict compounding guidelines. Please visit PCAB.org for a listing of accredited pharmacies across the nation.