



## Retrospective Evaluation on the Analgesic Activities of 2 Compounded Topical

### Creams and Voltaren Gel in Chronic Noncancer Pain.

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**Background:** Pharmacologic treatment of chronic pain is challenging. Oral therapy may require multiple medications; each has side effects, dose limitations, and limited efficacy. Compounded topical formulations have evolved as potential treatment options.

**Objective:** To evaluate the efficacy of 2 compounded topical creams, "Cream I" and "Cream II," in patients with chronic extremity, joint, musculoskeletal, neuropathic, or other chronic topical pain conditions and compare their efficacy with Voltaren gel.

**Participants:** The primary efficacy outcome was the change in visual numeric pain intensity score from pretreatment to posttreatment.

The Cream I contained Flurbiprofen (20%), Tramadol (5%), Clonidine (0.2%), Cyclobenzaprine (4%), and Bupivacaine (3%). The Cream II contained Flurbiprofen (20%), Baclofen (2%), Clonidine (0.2%), Gabapentin (10%), and Lidocaine (5%). The Voltaren gel contained 1% diclofenac sodium. A total of 2177 patients were evaluated, 826 males and 1351 females.

**Results:** During their medical treatment, 1141 patients received Cream I, 527 patients received Cream II, and 509 patients received Voltaren gel. After treatment, the pain intensity score decreased by  $3.11 \pm 1.65$  (37%) with Cream I (from  $8.44 \pm 1.19$  to  $5.33 \pm 2.0$ ,  $P < 0.001$ ), by  $2.93 \pm 1.58$  (35%) with Cream II (from  $8.42 \pm 1.27$  to  $5.50 \pm 1.96$ ,  $P < 0.001$ ), and by  $1.49 \pm 0.73$  (19%) with Voltaren gel (from  $7.93 \pm 0.81$  to  $6.44 \pm 1.14$ ,  $P < 0.001$ ). Cream I and Cream II did not differ significantly in efficacy, and both were significantly more effective than Voltaren gel ( $P < 0.001$ ).

**Conclusion:** Voltaren gel had less efficacy than the compounded creams, which were effective and provided pain relief in the majority of the patients studied.

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(Cream I) Flurbiprofen 20%/Tramadol 5%/Clonidine  
0.2%/Cyclobenzaprine 4%/Bupivacaine 3% Topical  
Activemax® Cream

(Cream II) Flurbiprofen 20%/Baclofen 2%/Clonidine  
0.2%/Gabapentin 10%/Lidocaine 5% Topical  
Activemax® Cream

