

Date \_\_\_\_\_  
 Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Address \_\_\_\_\_

**Skin Hyper-Pigmentation:**

- Hydroquinone 8% / Glycolic Acid 8% / Tretinoin 0.05% / Hydrocortisone 0.5% Topical Cream  
 May add \_\_\_ Kojic Acid 5% \_\_\_ Lactic acid 5%  
 Dispense: 30g/50g. Apply at bedtime

**Wrinkles:**

- Estriol 0.2% / Vitamin A Palmitate 0.3% / Tocopherol Oil 0.2% Night Topical Cream  
 May add: \_\_\_ Elastin 0.5% \_\_\_ Collagen 0.5%

Dispense: 15g/30g/45g/60g/90 g-apply at bedtime

**Keratosis Pilaris**

- Hydrocortisone 2.5% +Salicylic Acid 2% Cream  
 May add \_\_\_ Urea 20%

Dispense: 30g/60g/90 g-apply twice daily

**Warts:**

- Phenol 10% / Salicylic Acid 26% / Lactic Acid 10% Cream for Warts
- Salicylic Acid 40% / Acetic Acid 3% in Flexible Collodian

Dispense: 30g/60g/90 grams-apply twice daily

**Nail Fungus**

- Itraconazole 1% / Undecylenic Acid 17% / Salicylic Acid 10% in Tea Tree Oil-DMSO Nail Polish-Dispense 30mls. apply to toenails twice daily
- Thymol 4% in alcohol-30 mls-apply to toenails twice daily

**Migraines**

- Lidocaine 4% nasal spray-50 mls-use 1-2 sprays as needed, max of 3 sprays/day

**Hypothyroidism** Liothyronine (T3)

15 / 22.5 / 30 / 37.5 / 45 / 60 micrograms SR capsules daily in the AM.

**Pain**

- Back Pain** Piroxicam 5% Diclofenac 10% Baclofen 1%
- Arthritis:** Piroxicam 5% Diclofenac 10% in Lipoderm
- Diabetic Neuropathy**  
 Diclofenac 10% Gabapentin 6% Ketamine 5% Lidocaine 5%
- Fibromyalgia**  
 Diclofenac 10% Tramadol 2% Gabapentin 6% Baclofen 1% Lidocaine 5%. May add \_\_\_ ketamine 5%
- Trigeminal Neuralgia:**  
 Diclofenac 10% Cyclobenzaprine 1% Magnesium Chloride 5%
- Herpetic Neuralgia**

- Open lesions: Ketoprofen 10% + Lidocaine 5% + Acyclovir 5%
- Post herpetic: Diclofenac 10% Gabapentin 6% Ketamine 5% Lidocaine 5%

Dispense: #60 g/100g apply 1 gram two to three times daily

**Hair Loss:**

- Minoxidil 5/10/12% and Retinoic Acid 0.01% Scalp Lotion  
 May add \_\_\_ Finasteride 0.1% \_\_\_ 2% Progesterone \_\_\_ 5% Azelaic Acid \_\_\_ 0.025% Betamethasone Valerate

Dispense: 60g/90 g. Apply at bedtime. Wash off in the am.

**Acne:**

- Tretinoin 0.05% / Benzoyl Peroxide 7% / Clindamycin 1% / Gluconic Acid 5% / Facial Gel.

Dispense: 30g/60g Apply at bedtime-wash off in am.

**PMS**

- Progesterone 5% Cream. Use 1/2 gram topically daily days 14-25.  
 Dispense: 10g / 20g/30 g.

**LOLLIPOPS:**

- Sore Throat**— Diphenhyramine with Lidocaine HCl

**Natural Hormone Replacement Therapy:**

- Progesterone 5%/10% Cream. Use 1/2 gram topically daily days 14-25. Dispense: #10g/20g/30g
- BI-Est (50/50) 2mg/g/1.6mg/g/1.2mg/g/0.8 mg/g topically days 1-25 twice daily. Dispense: 50g/100g/150 g
- Testosterone 0.5%/1% gel. Apply 1 gram to thighs daily. Dispense : 30g/60/90 g

**Andropause**

- Testosterone 2.5/5/10%. Apply 1 g twice daily

**Weight loss**

- Phentermine 15mg Diethylpropion 25mg Sustained Release Capsule. Take one capsule daily in the am. #30/60

**Under eye treatment**

- Sodium Ascorbyl Phosphate 6%/Phytonadione 0.5%/Urea 2%/Vitamin E Acetate 1% Compound Eye Cream. 15g/30g/45g. Apply a small amount at bedtime

**Sinusitis:**

- Gentamicin/ NA CL Nasal Irrigation
- Amphotericin B Nasal Spray
- Fluconazole/ Gentamycin Nasal Spray  
 Dispense: 50 mls-use one spray each nostril twice daily

**Wound Care:**

- Metronidazole 2%, Misoprostol 0.0024% and Phenytoin 5% Gel. Dispense #50g. Apply twice daily
- Gentamicin 0.2% Misoprostol 0.0024% and Phenytoin 5% Gel. Dispense #50 g. Apply twice daily

**Scars**

- Collagenase/ Hyaluronidase/Papain/ Panthenol /Borage oil Cream. Apply twice daily. Dispense: 15g/30g/45g.

**Eczema**

- Urea 4%/Tranilast 10%/VIT B12 5%/Emu oil 2% Cream. Dispense 30/60g. Apply twice daily.  
 Dr. \_\_\_\_\_  
 REFILL (circle) 1 2 3 4 5 prn