

# Ketamine 10% Topical Product

## Why is this medication prescribed?

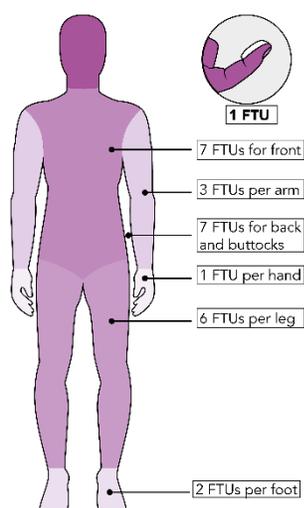
- Ketamine is a medication most commonly used as an anesthetic during surgical procedures but is sometimes used as a topical product to treat certain types of nerve pain that have not responded to other pain management approaches.
- The most common pain condition for which topical ketamine is used in our pain clinic is complex regional pain syndrome (CRPS). The aim is to reduce allodynia (pain to non-painful stimuli, such as when putting on a piece of clothing over a very sensitive and painful area).

## How should this medication be used?

- Topical ketamine can be applied to the painful area up to three 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.

## 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 right foot CRPS pain, 2 FTUs (= 1 gram) would be applied up to three times a day.

This means 90 grams would last one month if used regularly three times a day

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

- Ketamine is a controlled drug, which means there are tighter prescribing and dispensing aspects in place compared to many other drugs.
- Topical ketamine is a specially compounded product. It is not available as a commercially manufactured product.
  - To make this product, a powder form of ketamine 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 ketamine 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?

Topical ketamine 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 topical ketamine is stopped by your doctor, return any remaining supply to your community pharmacist for proper medication disposal.