



Oral Pharmacologic Therapy for Neuropathic Pain

ORAL		
Therapy	Starting Doses	Maintenance Doses
First Line		
Tricyclic anti-depressants	10-25 mg at bedtime	Increase by 10-25 mg increments to 100-150 mg at bedtime
Gabapentin (Neurontin)	300 mg tid	Increase by 300-400 mg increments to 2400-6000 mg daily divided in 3-4 doses
Tramadol (Ultram)	50 mg bid or tid	Increase by 50 mg increments to a maximum of 100 mg qid
Duloxetine (Cymbalta)	30 mg a day	Increase by 30-60 mg increments up to 120 mg a day
Pregabalin (Lyrica)	50 mg tid	Increase to 300 mg/day
Second Line		
Carbamazepine	200 mg bid	Increase by 200 mg increments to 200-400 mg three to four times a day; follow drug levels on doses greater than 600 mg a day
Oxcarbazepine (Trileptal)	150-300 mg bid	Increase by 300 mg increments to 600-1200 mg two times a day
Lamotrigine (Lamictal)	25 mg once a day or bid	Increase by 25 mg increments weekly to 100-200 mg bid
Topiramate (Topamax)	25-50 mg at bedtime	Increase by 50 mg increments weekly to 200 mg bid
Venlafaxine XR (Effexor)	37.5-75 mg once a day	Increase by 75 mg increments to 150-225 mg a day
Valproate	250 mg bid to tid	Increase by 250 mg increments up to 1500 mg a day
Third Line		
Bupropion SR (Wellbutrin)	150 mg a day	After one week, increase to 150 mg bid
Tiagabine hydrochloride (Gabitril)	4 mg a day	Increase to 4-12 mg bid
Keppra (Levetiracetam)	250 mg at bedtime	Increase by 250-500 mg increments to 1500 mg two times a day
Zonisamide (Zonegran)	100 mg at bedtime	Increase by 100 mg increments to 400-600 mg at bedtime
Mexiletine	200 mg once a day	Increase by 200 mg increments to a maximum of 200 mg tid
Phenytoin	200 mg at bedtime	Increase by 100 mg increments to 300-400 mg daily divided in 1-2 doses, following drug levels
Newer Drugs		
Savella	12.5 mg at bedtime x 1 d	12.5 mg bid x 2 d then 25 mg bid x 4 d then stay on 50 mg bid. May increase up to 100 mg BID
Vimpat	50 mg PO bid	In 1week, go to 100 mg bid. May increase up to 200 mg BID



Topical Pharmacologic Therapy for Neuropathic Pain

TOPICAL AGENTS		
Therapy	Starting Doses	Maintenance Doses
OVER-THE-COUNTER		
Capsaicin .075%	Apply to affected region tid to qid	Continue with starting dose
Sallylate 10-15%	Apply to affected region tid to qid	Continue with starting dose
Menthol 16% / Camphor 3% -+	Apply to affected region tid to qid	Continue with starting dose
BY PRESCRIPTION		
Lidocaine 4% gel	Apply to affected region bid	Continue with starting dose
Lidocaine patch 5%	Apply over adjacent, intact skin	Increase up to 3 patches worn for 12 of 24-hour period
Doxepin 5% (Zolopan)	Apply to affected region bid	Continue with starting dose
Diclofenac Sodium Gel (Voltaren Gel 1%)	Apply to affected region tid to qid	Continue with starting dose
BY PRESCRIPTION - ONLY AT COMPOUNDING PHARMACIES*		
Ketoprofen 5% / Amitriptyline 2% / Tetracaine 1%	Apply to affected region bid	Increase up to a qid schedule
Ketoprofen 10% / Cyclobenzaprine 1% / Lidocaine 5%	Apply to affected region bid	Increase up to a qid schedule
Ketamine 5% / Amitriptyline 4% / Gabapentin 4%	Apply to affected region bid	Increase up to a tid schedule
Carbamazepine 5% / Lidocaine 5%	Apply to affected region bid	Increase up to a qid schedule
Amitriptyline 2% / Lioresal 2%	Apply to affected region tid to qid	Continue with starting dose

Key: * - must be compounded by pharmacy (to locate your local compounding pharmacy, call the International Academy of Compounding Pharmacists, 1-800-927-4227)

