

Disclaimer: This is general medical information only and not specific medical advice. Please discuss this information with your doctor.
Please note: Many of these treatments are used 'off label' for management of pain and CRPS.

Patient information for treatment of CRPS

Standard treatment

- Adverse drug reactions.....
- Multimodal analgesia (pregabalin, tramadol, tapentadol, celecoxib, duloxetine)

Instructions.....
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- Take vitamin C 1000 mg and vitamin E 500 IU, daily for 3M (obtain from a pharmacy).
- Take N-acetylcysteine 600 mg 3 x daily for 3M (obtain from a pharmacy).
- Take dextromethorphan (*Robitussin Dry Cough Forte [30mg/10 mls] 200 mls*); 15 mg (5 mls) 2 x daily for 3M (obtain this 'cough medication' from a pharmacy-used as an anti inflammatory drug).
- Prednisolone for 3 weeks

Instructions.....
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- DMSO cream; *dimethylsulphoxide 50% in cremour vaselini* (50g); apply 4 x daily to painful area of skin (needs to be made-up [compounded] by a pharmacist).
- STOP SMOKING.
- USE YOUR LIMB AS NORMALLY AS POSSIBLE.
- Physiotherapy and/or occupational-hand therapy (the most important treatments).
- Mirror box and graded motor imagery therapy. See NOI at: <http://www.gradedmotorimagery.com/>
- Tactile discrimination training. See: <http://www.bodyinmind.org/wp-content/uploads/Moseley-Wiech-2009-PAIN-tdt-mirror.pdf> (See figure 1B; can use a blunt pencil tip [2mm] & pencil end [10 mm])

Instructions.....
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- Psycho-social support (anxiety, depression, effects on work and lifestyle).

Instructions.....

- Please read educational material (CRPS handout) and go to the *PainHealth* website.
- PainHealth* website <http://painhealth.csse.uwa.edu.au/pain-condition-complex-regional-pain-syndrome.html>
- Other.....
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