Triple Cream

Dr. Lobel has recommended a topical triple cream. It is over the counter medications that you can mix together at home to replace expensive compounded creams.

Here are the recommended products that are available at any pharmacy, except the DMSO, which is available at most tack and feed stores, like Tractor Supply Co (multiple locations), Sacketts (Jasper), Horsetown (Woodstock), or Acworth Feed (Acworth).

1. Aspercreme with lidocaine 3oz bottle
2. Trolamine cream 10% 3oz bottle
3. DMSO ½ - 1 capful

Mix all 3 ingredients together and store in a Tupperware type container. Apply to painful areas, 3-4 times daily, as needed.



