

Over the Counter Medication List for Patients

Oral antihistamines (H1 blockers)

Non-sedating

Zyrtec (cetirizine)
Allegra (fexofenadine)

Sedating

Benadryl (diphenhydramine)
Children's Benadryl (diphenhydramine)

Oral antihistamines (H2 blockers) – found in GI section of pharmacy

Pepcid (famotidine)

Topical anti-itch creams

Sarna Lotion (camphor & menthol)
Sarna Sensitive Lotion (pramoxine)
CeraVe Itch Relief Moisturizing Cream (pramoxine)

Topical anti-inflammatory/anti-itch cream

Hydrocortisone 1% cream
Hydrocortisone 1% ointment

Anti-itch eye drops

Pataday (olopatadine)
Zaditor (ketotifen)

Acne

Differin (adapalene) 0.1% cream

Oral analgesics

Nonsteroidal anti-inflammatory
Advil or Motrin (ibuprofen)
Aleve (naproxen)
Aspirin
Tylenol (acetaminophen)

Topical anesthetic creams

Lidocaine cream – 4% or 5%

Molluscum treatments

ZymaDerm

Oral Supplements

Vein supplements

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Vitamin C 500 mg – take twice a day

Rutin 50 mg – take twice a day

Anti-bruising

Arnica

Bromelain

Iron deficiency

Ferrous sulfate 325 mg – take twice a day

Vitamin D deficiency

Vitamin D2 – take 2000-5000 IU daily

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