



## **TOPICAL STEROID THERAPY**

I have prescribed a topical steroid treatment for your condition. This handout is designed to help you get good results and minimize side effects from the medicine. Topical steroids are anti-inflammatories used in a wide range of skin disorders. Inflammation is "swelling with immune cells (white blood cells)" in the skin; topical steroids penetrate the skin and send a strong message to these cells that makes them stop working.

1. Apply the medicine **once a day** to the affected area only.  
\*\* If you have a lot of small bumps or patches you can apply the medicine all over the affected area; it is too hard to spot treat.
2. Use a thin layer, there is no need to glob it on.
3. Use the medication 2-4 weeks until the area is flat or until the redness is gone.
4. If you have a condition that is chronic (psoriasis, eczema, etc.) you will need to re-treat the affected areas with the medicine: I recommend weekends only for maintenance. This will prevent long term side effects and medicine resistance.

### **Specific Plans:**

\_\_\_ Scalp: Fluocinolone solution \_\_\_\_\_

\_\_\_ Face/Genitalia/Armpits: Hydrocortisone 2.5% cream/ointment \_\_\_\_\_

\_\_\_ Chest/Back/Legs/Extremities:

\_\_\_ Hydrocortisone 2.5% \_\_\_\_\_

\_\_\_ Triamcinolone \_\_\_\_\_

\_\_\_ Fluocinonide \_\_\_\_\_

\_\_\_ Clobetasol \_\_\_\_\_

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### **Other:**