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Topical Corticosteroids

The potency of topical corticosteroids varies, for example:

Low potency: Hydrocortisone, Aclovate, Elocon, Desonide
Medium potency: Triamcinolone, Westcort, Kenalog, Topicort, Cutivate
High potency: Lidex, Diprolene, Temovate, Ultravate

ACTION:

Reduces inflammation of the skin by:

- ◆ decreasing itching
- ◆ decreasing blood vessel leakiness (edema) and dilation (redness)
- ◆ interfering with the action of many inflammatory cells (white blood cells specializing in skin reactions)

HOW SUPPLIED:

Ointment, cream, gel, lotion or solution

DOSE:

Apply to the affected area evenly and sparingly, usually one to two times daily, preferably at bedtime and/or immediately after a bath or shower. Check with your physician for further instructions if the rash worsens despite topical treatment.

LONG-TERM SIDE EFFECTS:

- ◆ Redness and thinning of the skin
- ◆ Increased prominence of blood vessels
- ◆ lightening of skin color or white spots
- ◆ Acne breakouts
- ◆ Side effects are more likely with prolonged use of medium to high potency topical corticosteroids.

SPECIAL INSTRUCTIONS:

1. Only use the medication for the disorder for which it was prescribed and only for the recommended time period. Do not let friends and relatives use medications prescribed for you.
2. Avoid contact with the eyes.
3. Do not use medium or high potency corticosteroids on the face, groin, and under arms as this increase the risk of side effects.
4. Please call our office if you have any questions.