

Concerning Topical Corticosteroid Treatment

Important points to remember during treatment using cortisone creams, ointments, solutions, etc.:

- Follow your doctor's instructions. All cortisone medications are intended for temporary use, only.
- Gradually reduce your usage in line with your dosing schedule.
- The percentage indicated on the tube has no bearing on the cream's potency. Make sure that you use a cortisone medication with the correct potency on your skin lesions.

Ointments (unguents) are greasy and are usually used on very dry skin. Ointments are not used on weeping eczema or in the folds of the skin, since fluid cannot escape from under a layer of ointment and will therefore pool on the skin.

Creams are not as greasy as ointments and so differ in the way they penetrate the skin.

Cutaneous solutions or emulsions are mainly used on the scalp, although solutions are also used together with hydrocolloid patches/DuoDERM dressings applied to the palms of the hands or soles of the feet.

The tables below give some examples of how topical cortisone medications are classified.

If your medication is not listed in these tables, find out to which cortisone classification it belongs.

Important! *The skin on your face and throat and in the folds of your body* is especially sensitive. Medications that fall into the "potent" or "very potent" categories are not normally used on these areas. There are some instances when these medications should also be used on delicate areas, however. A dermatologist will provide instructions in such cases. It is important that you follow your doctor's orders!

Basic topical cortisone medications

Svag (Mild)	Medelstark (Moderate)	Stark (Potent)	Extra stark (Very potent)
Hydrocortisone (cream)	Emovat (cream, ointment, solution)	Betnovat (cream, ointment, solution)	Dermovat (cream, ointment, solution)
Mildison (cream)	Locoid (cream, ointment, solution)	Ovixan (cream, solution)	Clobex (shampoo)
Ficortril (ointment)		Elocon (cream, solution, ointment)	

Topical cortisone medications that are combined with other drugs

Svag (Mild)	Medelstark (Moderate)	Stark (Potent)
Cortimyk (cream)	Pevisone (cream)	Daivobet (gel, ointment)
Daktacort (cream)		Enstilar (foam)
		Diprosalic (solution, ointment)

Non-cortisone medications

Scalp: 5% salicylic acid in Decubal or another cream used as a base. Used to de-scale the scalp. It is good to apply this cream in the evening and to let it sit overnight before washing it out the following morning. The cream is most easily washed out by applying shampoo to dry hair during the first shampooing.

Emollients

It is helpful to apply emollients in between cortisone medication applications. Use whatever cream/lotion you prefer, or the creams we recommend (listed on a separate sheet).

Unlike topical cortisone medications, which are only applied to lesions, emollient creams/lotions can be used all over the body.

Important points to remember when applying topical cortisone medications

- All topical medications containing cortisone should be applied in a thin layer.
- Always apply the medication in the same direction as hair growth. Work the medication into your skin using a stroking motion – don't rub it in.
- Begin by applying the mildest medication first, otherwise you will need to wash your hands before switching to a different strength of medication.
- If possible, avoid applying cortisone medications to healthy skin.
- You should part your hair so as to better reach the underlying skin when treating your scalp.