TOPIcal CORTICOSTEROIDS

**Mechanism of Action:** Reduces inflammation of the skin by decreasing itching, decreasing blood vessel leakiness and dilation, and interferes with the action of the inflammatory cells.

**How Supplied:** Ointment, cream, gel or solution.

**Dose:** Apply to the affected area evenly and sparingly, usually one to two times daily. Check with your physician for further instructions if the rash worsens despite topical treatment.

**Side Effects:** Redness and thinning of the skin, increased prominence of blood vessels, lightening of skin color or white spots, acne-like breakouts, stretch marks.

- Side effects more likely with prolonged use of medium to high potency steroids.

**Instructions:**

1. The potency of topical steroids vary, for example
   a) Low potency: Hydrocortisone, Tridesilon, Aclovate, Desowen, Desonide.
   b) Medium potency: Triamcinolone, Synalar (fluocinolone) ointment, Cutivate, Kenalog, Elocon (mometasone), Valisone, Westcort.
   c) Medium-High potency: Lidex (fluocinonide), Topicort, Halog (halcinonide).
   d) High potency: Ultravate (halbetasol propionate), Temovate (clobetasol), Clobex (clobetasol), Olux, Diprolene (betamethasone dipropionate), Psorcon (diflorasone diacetate).

2. Only use the medication for the disorder for which it was prescribed and only for the recommended time period. Do not let friends or relatives use medications prescribed for you.

3. Avoid contact with the eyes.

4. **Do not use medium or high potency corticosteroid** on the face, groin, and armpits, as this increases the risk of side effects.

5. Your doctor has prescribed _________________ to use on the body once a day/ twice a day, and _________________ to use on the face/axilla/groin, once a day/ twice a day.