

TOPICAL STEROIDS

YOU HAVE BEEN PRESCRIBED A TOPICAL STEROID FOR YOUR RASH

WHAT IS IT?

A topical steroid is an anti-inflammatory preparation used to control eczema/dermatitis and many other skin conditions. Topical steroids are also called topical corticosteroids, glucocorticosteroids, and cortisones and are available in creams, ointments, and solutions. The most common steroids prescribed by this office include: Triamcinolone, Clobetasol, Fluocinolone, and Mometasone.

INSTRUCTIONS FOR TREATING THE RASH

- Wash your skin with a gentle cleanser such as Cetaphil
- Apply topical steroid to affected area
- Next apply Vaseline ointment
- Put on cotton gloves, socks, or clothing (if applicable)
- Keep them on 20-30 minutes then you may take them off
- **On the days you are not using the steroid:**
 - Wash your skin with a gentle cleanser such as Cetaphil
 - DO NOT use steroid
 - Apply generous amount of moisturizer such as Vaseline, Cetaphil or CeraVe

NOTES

If topical steroids are used too much, the skin may thin and/or the skin may get used to it and stop working.

For the rest of you life, moisturize daily using Cetaphil or CeraVe cream or lotion.



FREQUENCY

APPLYING TO THE FACE

1. Apply once a day
2. Use no more than 4 times during the week

APPLYING TO OTHER PARTS OF THE BODY

1. Apply twice a day m-f
2. Take Saturday and Sunday off but generously moisturize every day