

## Topical treatments

### Non-prescription topical treatments

#### Bath and shower solutions

##### Forms

- Oils
- Oatmeal
- Epsom salt
- Dead Sea salt

##### How to use

- Skin is soaked for around 15 minutes
- Should be followed by a moisturizer or oil

##### What they do

- Help remove scales
- Soothe itching

##### Potential side effects\*

- **Most common side effects include:** allergic reactions or irritation
- Speak to your healthcare provider or read the product information

#### Moisturizers

##### How to use

- Applied to the skin daily

##### What they do

- Reduce redness and itching
- Help keep the skin lubricated (or smooth and moist)

##### Potential side effects\*

- **Most common side effects include:** allergic reactions or irritation
- Speak to your healthcare provider or read the product information

#### Salicylic acid (keratolytic)

##### Forms

- Creams
- Gels
- Lotions
- Ointments
- Shampoos
- Soaps

##### How to use

- Use according to label or as directed by doctor

##### What it does

- Helps remove scales
- Helps eliminate itchy scalp

## Salicylic acid (keratolytic) *(continued)*

### Potential side effects\*

- Speak to your healthcare provider or read the product information

## Coal tar

### Forms

- Shampoos
- Ointments
- Gels
- Creams
- Oils

### How to use

- Use according to label or instructions from doctor
- **Do not use:**
  - Around genital area except on the advice of a doctor
  - With other forms of psoriasis therapy unless directed by a doctor
  - For prolonged periods unless directed by a doctor
- Use caution in exposing skin to sunburn for up to 24 hours after application
- Consult a doctor if condition worsens or does not improve after regular use of this product as directed

### What it does

- Reduces redness and scaling
- Helps stop itching and flaking

### Potential side effects\*

- Speak to your healthcare provider or read the product information

## Anthralin (Dithranol)

No longer commercially available, but can be compounded by pharmacists

### How to use

- Should be rubbed in well, and excess should be wiped off
- Short contact treatment: left on the affected area for up to 30 minutes, or as prescribed
- In some cases, it can be allowed to remain overnight, and is washed away in the morning
- Consult your healthcare provider for proper use
- **Do not use:**
  - On face or sex organs
  - In folds and creases of skin
  - Near eyes and mucous membranes, such as the mouth and the inside of the nose

### What it does

- Helps treat inflammation and itching
- Limits growth of skin cells

### Potential side effects\*

- **Most common side effects include:** irritation (soreness and redness); staining of unaffected skin, hair and clothing

## Prescription topical treatments

### Topical retinoids

#### Example

- Tazarotene (TAZORAC®)

#### How to use

- Applied thinly to affected areas – if less than 20% of body surface area – once daily
- Skin should be dry before application
- Avoid exposure to sunlight; use sunscreen and protective clothing
- **Do not use:**
  - If you are pregnant – may cause harm to the unborn baby
  - Around eyes, mucous membranes, lips, or nose

#### What it does

- The exact mechanism of action is unknown, but it appears to:
  - Help skin cells grow normally
  - Reduce inflammation

#### Potential side effects\*

- **Most common side effects include:** burning, redness, itching, irritation, pain, worsening of psoriasis
- **Common side effects include:** peeling of the skin, dry skin, swelling, rash, stinging
- May make skin more sensitive to sunlight

### Topical steroids

#### Examples

- Prednicarbate (DERMATOP®)
- Desoximetasone (TOPICORT®)
- Clobetasol propionate (DERMOVATE®)

Please note that additional topical steroids are available

#### How to use

- Applied directly to affected areas of skin and gently rubbed in
- Usually applied 2 to 3 times per day
- If no response after 1 week, use should be discontinued
- Use should be discontinued when lesions heal
- **Do not use:**
  - Over the long term
  - Around eyes
  - If you are pregnant or breastfeeding

#### What they do

- Can reduce swelling, redness and itching
- Reduce inflammation

#### Potential side effects\*

- **Most common side effects include:** dryness, acne, rash around the mouth (perioral dermatitis), allergic contact dermatitis, and an itchy rash called miliaria
- **Other side effects:** local burning, irritation, itching, change in pigmentation (skin colour), infection, abnormal hair growth, skin damage (thinning, easy bruising, redness, “spider veins”), stinging, cracking, hair bumps (folliculitis), and numbness in the fingers

## Vitamin D analogues

### Examples

- Calcipotriol (DOVONEX®)
- Calcitriol (SILKIS™)

### How to use

- Applied to affected area twice daily
- Once psoriasis improves, DOVONEX® can be reduced to once daily
- May be used with other topicals
- **Do not use DOVONEX®:**
  - On the face or around eyes
- **Do not use SILKIS™:**
  - On more than 35% of your body area
  - If you have high blood calcium levels
  - If you are being treated for conditions affecting normal calcium levels (abnormal calcium metabolism)
  - Have severely reduced kidney function or end-stage kidney disease
  - On the face or around eyes

### What they do

- Slow down skin cell growth

### Potential side effects\*

- **Most common side effects for DOVONEX® include:** local irritation, which is usually mild and temporary
- **Other side effects for DOVONEX®:**
  - Rare cases of allergic reaction have been reported
  - Can lead to high blood calcium levels, but this is usually related to using more than the weekly maximum
  - Serious side effects which occurred very rarely include fatigue, depression, mental confusion, anorexia, nausea, vomiting, constipation, increased urination and in some patients, cardiac arrhythmias
- **Most common side effects for SILKIS™ include:** skin discomfort, itching, psoriasis, flu syndrome and skin infection
- **Other side effects with SILKIS™:**
  - May affect the results of certain laboratory tests or the level of calcium in your urine
  - Very rarely, hypercalcemia (high blood calcium levels) may occur, with symptoms of nausea, vomiting, excessive thirst, excessive urination

## Combination therapy

### Example

- Calcipotriol/Betamethasone (DOVOBET®)

### How to use

- Ointment or gel applied once daily and gently rubbed in
- Used for up to 4 or 8 weeks, depending on the preparation and area affected (body or scalp)
- **Do not use:**
  - If you have problems with high calcium levels in your body
  - If you have skin infections caused by viruses (e.g., cold sores, chicken pox), a fungus (e.g., athlete's foot, ringworm), bacteria, parasites (e.g., scabies), tuberculosis or syphilis
  - On skin areas with perioral dermatitis (red mouth rash), ichthyosis (dry, scaly skin), acne (pimples), rosacea (flushed facial skin)
  - On skin areas that have ulcers, open sores, thin skin, easily damaged veins, stretch marks
  - To treat other types of psoriasis

## Combination therapy *(continued)*

- **Do not use *(continued)*:**
  - If you have severe liver disease
  - If you have severe kidney disease
  - In the eyes or on itchy skin of the genital or anal area

### What it does

- Topical steroid reduces inflammation and relieves itch
- Vitamin D analogue slows down excessive production of skin cells

### Potential side effects\*

- **Most common side effect:** itching
- **Other side effects include:**
  - Local irritation, dryness, burning, stinging, thinning of the skin, spider veins, stretch marks, various types of skin rashes and red, swollen hair follicles
  - If applied to the face, an acne-like rash and swelling can occur
  - Worsening of psoriasis can occur
  - In rare cases, adrenal glands may stop working properly
  - Rare and serious side effects include pustular psoriasis, adrenal effects and skin thinning
  - Very rare serious side effects include allergic reaction and high blood calcium levels

\* Always speak to your doctor and read the product information before trying a new treatment. Please consult the Patient Information for each product for warnings, precautions and prescribing considerations. The lists above do not include an exhaustive list of side effects. Your healthcare professional can provide the complete list. Also, speak to your healthcare provider if you experience any serious side effects or if side effects persist.