

Topical Steroids (Cortisone)

Dermatology Associates of West Texas, LLP questions or an appointment, call (806)797-1202

Topical Steroids (Cortisone) – Topical steroids are anti-inflammatory agents used to treat skin conditions characterized by inflammation, itching, burning, redness, or blistering. Unless otherwise specified, topical steroids should be used on an **intermittent basis**.

As a general rule give as much time using it as you do rest periods (for instance one week on and one week off.... 4 days on 4 days off etc.).

Side effects:

- Thinning of the skin**/Skin fragility when used long term without giving rest periods.
- Continuous use can cause **tachyphylaxis** which means it becomes less effective if used without rest periods.
- Topical steroids can cause **glaucoma** if used near the eyes. Notify your doctor if you have a history of glaucoma
- Topical steroids can cause **steroid acne and rosacea**.
- Topical steroids should not typically be used at the site of an active infection (bacterial, fungal).

Important points:

- Low potency** steroids are safe to use on the face, axilla, groin, genital area(s).
- Medium & High potency** steroids can be used on the scalp, trunk and extremities. **Avoid using these** on the face, axilla, groin, genital area(s) unless specifically directed to do so by your Provider.
- If you do not respond to treatment or worsen with treatment – stop the medication and notify your provider.
- Your skin should typically improve within 1-2 weeks of treatment

How to use:

- Apply once or twice a day to affected area.
- Spread a thin layer of the medication over the area involved.
- Wash hands after each application (unless it's your hands that you are treating).

You have been placed on a: LOW MEDIUM HIGH Potency steroid.

Medication Name(s):

Location(s):