

Topical Steroids

- Help to decrease inflammation and heal the skin...
- Pick a "go-to" low and medium strength topical steroid and always use ointments if possible. Most effective.
- Hydrocortisone 2.5% oint. SAFE everywhere except eyelids bid prn
- Desonide or Triamcinolone 0.1% oint. next bid prn (not face,groin,axilla).
- Caution against using on smooth skin but encourage on excoriated skin.
- NEVER mix with an antifungal; remember tinea incognito

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Prescription Topical Steroids (oint)

Class	Potency	Generic Example	Sizes	Comments
1	Super	refer		
2	High	refer		
3	Mid	Consider referral		
4	Mid	Triamcinolone 0.1%	15g,80g,1#	Not for face, axilla,groin
5	Mild-Mid			
6	Mild	Desonide	15g,30g,60g	Just slightly stronger (not for face,groin,axilla)
7	Lowest	Hydrocortisone 2.5%	15g,30g,60g, 1#	Ok everywhere except eyelids

More on topical steroids

- Always consider the vehicle in regards to strength:
- Example: Betamethasone class II to V depending on cream vs oint. based.
- Stronger steroid is indicated if plaques are very thick and not responding to lower strength steroids. SPOT TREAT!
- Fine to use on open skin.
- WARNING: Never use on smooth skin, leads to striae! Take parent reliability into account when prescribing.

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Basic Dermatology Description

	FLAT	RAISED
<1cm	macule	papule
>1cm	patch	plaque

	FLUID FILLED
<1cm	vesicle
>1cm	bulla

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Terminology

- Small pus-filled (no specific size)=pustule
- Nodule-deep, cyst (no specific size but measurable)
- Can be used as adjectives eg. papular, macular, bullous, vesicular, verrucoid, uticularial (hives)
- Other: linear, grouped, follicular, nummular (round or coin shaped but no central clearing)
- If even slightly scaly it is raised (plaque not patch)
- Well-demarcated vs. ill-defined borders
- Annular=round with central clearing
- Avoid "rash" or "maculopapular"

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Examples

- DERMATITIS: ill-defined erythematous scaly plaques
- PSORIASIS: well-demarcated plaques with overlying thick, white, adherent scale
- KERATOSIS PILARIS: keratotic follicular papules with surrounding erythema
- HERPES: grouped vesicles on erythematous base
- TINEA: erythematous annular scaly plaque

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