

Dermatitis, Atopic	Dry Skin	Psoriasis
<p>Step 1 - General Treatment Measures</p> <ul style="list-style-type: none"> • Avoid contact with irritants or trigger factors • Avoid wool or nylon clothing. • Wash clothing in soap vs detergent; double rinse/vinegar • Limit use of soap to axillae, feet, and groin <p>Step 2</p> <ul style="list-style-type: none"> • Colloidal oatmeal bath products • Lanolin-free water miscible bath oil • Intensive skin hydration therapy • “Soapless” cleansers for sensitive skin <p>Step 3</p> <ul style="list-style-type: none"> • Oral antihistamines (1st generation)for sedation & relief of itching •give at bedtime +/- a daytime regimen as required • Topical hydrocortisone (0.5%) for inflammation <ul style="list-style-type: none"> • apply od-tid; ointments more effective than creams • may use cream during day & ointment at night <p>Step 4</p> <ul style="list-style-type: none"> • Prescription topical corticosteroids: use lowest potency steroid that is effective and wean to twice weekly. Short courses of higher potency topical steroids may be required. • Topical/oral anti-Staphylococals (fusidic acid, mupirocin, cloxacillin, macrolides, clindamycin) to ↓ bacterial load 	<p>Step 1 - General Treatment Measures</p> <ul style="list-style-type: none"> • Use cool air humidifiers • Lower house temperature (minimize perspiration) • Avoid frequent or prolonged bathing; twice weekly recommended but daily bathing permitted with adequate skin hydration therapy (apply moisturizer immediately afterwards) • Limit use of soap to axillae, feet, and groin • Apply lubricating emollients such as petrolatum to damp skin (e.g. after bathing) <p>Step 2</p> <ul style="list-style-type: none"> • Colloidal oatmeal bath products • Water miscible bath oil • Humectants: urea, lactic acid, phospholipid <p>Step 3</p> <ul style="list-style-type: none"> • Oral antihistamines for sedation & relief of itching <ul style="list-style-type: none"> •give at bedtime +/- a daytime regimen as required •ideally not more than a 2 week course 	<p>Step 1</p> <ul style="list-style-type: none"> • Non-pharmacologic measures (general health issues) • Moisturizers (will not clear skin, but will ↓ itching) • Topical Steroids • Coal Tar • Anthralin • Vitamin D3 • Topical Retinoid Therapy • Sunshine • Salicylic acid • Bath additives (tar solns, oils, oatmeal, Epsom salts) <p>Step 2</p> <ul style="list-style-type: none"> • Phototherapy (UVB) • Photochemotherapy (Psoralen + UVA) • Combination Therapies (from Step 1 & 2 treatments) <p>Step 3</p> <ul style="list-style-type: none"> • Methotrexate; Oral retinoids (etretinate); Cyclosporin • Rotational Therapies

Agents used in Common Skin Conditions

Allantoin – keratin-dispersing activity makes it useful in treating chronic scaling dermatoses. Also a skin protectant. May bind sensitizing substances making them nonsensitizing. e.g. *Tegrin Cream*

Anthralin – prescription topical compounds used to treat psoriasis. They have few serious side effects but can burn normal skin around lesions and stain skin and clothing.

Antihistamines, oral – useful in relieving itching associated with dry skin. 1st generation preferred if no allergic component; 2nd generation effective for urticaria. Can cause drowsiness, gastrointestinal disturbances and paradoxical excitability & nervousness. e.g. see OTC chart for agents and dose

Bath products – soothing to itchy skin. They may help to lock in moisture if used toward end of bath (**add to the last 5 minutes of a 15-20 minute bath**)
 e.g. **Bath oils** e.g. *Alpha Keri Bath Oil*; **Oatmeal, colloidal** e.g. *Aveeno Bath Powder*; **Combination: oatmeal & oil** e.g. *Aveeno Oilated bath Powder*

Coal tar – anti-inflammatory and antipruritic activity. They are messy, drying, have an unpleasant odor, and can stain skin and clothing. Other side effects may include folliculitis, acne, and photosensitivity. Higher concentrations useful in psoriasis. e.g. *Doak Oil Forte, Oxipor Lotion, Tegrin Shampoo*, and lower concentrations useful in seborrhea and dandruff e.g. *Tegrin Cream & Shampoo; Polytar Shampoo*

Salicylic Acid – keratolytic action makes it useful in removing scales in psoriasis & seborrhea. e.g. *Sebulex Shampoo; Keralyt Gel; Oxipor Lotion; Sebutone Shampoo*

Emollients – have water-retaining properties; useful in replacing natural skin oils, covering tiny fissures , and providing a protecting film.

Petrolatum occlusive & very effective. e.g. *Vaseline Petroleum Jelly*

Mineral oil - common emollient e.g. *Lubriderm Lotion; Nutraderm Cr/Lot*

Lanolin – more soothing than petrolatum; some irritate e.g. *Lubriderm Lotion*

Humectants – have water attracting properties so help draw water into the skin vs. trapping water already present; hydrate and soften skin

Glycerin – hydrating properties e.g. *Wibi Glycerin Lotion*

Urea – hydrating properties; also has keratin softening action at concentrations 20% or higher. e.g. *Uremol Cream & Lotion*

Lactic Acid an α-hydroxy acid which softens keratin in addition to its moisturizing properties. e.g. *Lubriderm AHA Cream/AHA Lotion*

Lecithin – naturally occurring phospholipid found in skin;water binding agent that can form a complex with 15 molecules of water eg. *Complex 15*

Topical Corticosteroids – useful in relieving itching & inflammation. Hydrocortisone 0.5% creams & ointments are OTC. Stronger agents require a prescription. Short courses of higher potency topical steroids are required for initial control of certain skin conditions/areas. Lower potency agents &/or less frequent application is recommended if long term treatment required for maintenance therapy. The goal is to use the lowest potency agent which will control the skin condition thereby minimizing the risk for side effects; ideally, wean to twice weekly application

OTC Moisturizers and Tar Preparations: Comparison Chart*

Prepared by L. Regier, S. Downey; Revised: Jan 2004

Brand Name	Ingredients		Comments	Size	Cost
Emollients					
A&D Ointment	Vit. A, vit. D, lanolin, petrolatum, light mineral oil	✓	Commonly in baby care area	50g	\$ 6
Alpha-Keri Bath Oil	mineral oil 91%; lanolin oil 3% {Add last 5 min of bath ...}	✓	...or apply direct after bath}	450ml	\$ 10
Alpha-Keri Cleansing Bar	Glycerin soap			100g	\$ 4
AquaDerm cream, lotion	Urea, lecithin, mineral oil		hypoallergenic		
Aquatain cream	Glycerin, lactic acid		hypoallergenic	75 g	\$ 8
Aquatain lotion	Glycerin, lactic acid		hypoallergenic	300ml	\$ 10
Aveeno Cleansing Bar / Oiled bar	Oatmeal (colloidal) 51%, vegetable oils 11%		Soap-free soap		\$ 5
Aveeno Shower & Bath Oil	Oatmeal (colloidal) 5%, mineral Oil 83%	✓	Add to last 5min of bath; or skin	225ml	\$ 9
Aveeno Skin Lotion	Oatmeal (colloidal) 1%, petrolatum 4%, glycerin 12%	✓	For dry/chapped skin	360ml	\$ 12
Aveeno Bath Powder	Oatmeal (colloidal) 100%			6x42g	\$ 11
Aveeno Oiled Bath Powder	Oatmeal (colloidal) 43%, Light mineral oil 35%	✓	Dissolve hot; Bathe ~15min	6x21g	\$ 11
Complex 15 cream	Lecithin 0.1-3%, Dimethicone 0.5-1.5%			100 ml	\$ 9
Complex 15 lotion	Lecithin 0.1-3%, Dimethicone 0.5%			300 ml	\$ 10
Dermaflex cream	Urea 10% or 20%				
Dormer 211 cream	Lecithin, hyaluronic acid complex			60 ml	\$ 11
Dormer 211 lotion	Lecithin, hyaluronic acid complex			200 ml	\$ 12
Eucerin Cream	Petrolatum 20.5%, petrolatum liq. 19%	✓		473ml	\$ 18
Eucerin Lotion	Petrolatum liq. 18%			473ml	\$ 10
Glaxal Base	Mineral oil, petrolatum	✓	Hypoallergenic, emollient base	100g	\$ 10
Hydrophil Ointment	Urea 5%, petrolatum liquid ~65%				
Hydrous Emulsifying Oint.	Hydrous Emulsifying Oint.	✓		450 g	\$ 7
Keri Lotion	Mineral oil 16%, lanolin oil 0.6%; (+/- SPF)		Scented or unscented; greasy	580ml	\$ 9
Keri Lotion Fast Absorbing +/-AHA	Dimethicone #5, petrolatum 6% (AHA contains lactic acid 5%)			580 ml	\$ 8
Lac-Hydrin lotion	Ammonium lactate 12% AHA, glycerin, PB, PG, glycerin, fragrance	✓	Effective; burning; ?pretreat area	200ml	\$ 13
Lubriderm AHA Cream	Lactic acid 7.5%	✓	For severe dryness; tingling OK	110 ml	\$ 6
Lubriderm AHA Lotion	Lactic acid 5%		For severe dryness; tingling OK	300 ml	\$ 9
Lubriderm Lotion	Lanolin, mineral oil, PB; (+/- SPF)	✓	Scented or unscented	580ml	\$ 10
Moisturel cream	Dimethicone 1%, Petrolatum 30%			120 ml	\$ 10
Moisturel lotion	Dimethicone 3%, Petrolatum 6%			225 ml	\$ 9
Nutraderm Lotion	Light mineral oil			460ml	\$ 14
Nutraderm Cream	Light mineral oil			85g	\$ 8
Prevx Cream (hand protectant)	Petrolatum 67%, Cyclomethicone	✓	emollient & barrier protection	60g	\$ 12
Reversa Skin Smoothing cream	Glycolic Acid 8%			60g	\$ 23
Reversa Skin Smoothing lotion	Glycolic Acid 10%			175 ml	\$ 23
Sarna-P Lotion	Camphor 0.5%, menthol 0.5%, pramoxine HCl 1%		Soothing; antipruritic	150ml	\$ 12
Ti U Lac lotion	Urea 10%, lactic acid 2%				
Ti Lub Shower/Bath Oil	Mineral oil 91%		Lanolin free		
Ultramide 25 Lotion	Urea 25%, mineral oil, glycerin, PG, lanolin	✓	Moisturizer & keratolytic	237ml	\$ 17
Uremol Lotion 10%	Urea 10%	✓	Emollient, unscented lotion	100ml	\$ 11
Uremol Cream 10% & 20%	Urea 10% & 20% respectively; 20% has pb	✓	Keratolytic at >[20%]	100ml	\$ 11
Vaseline IC Lotion-Dry Skin Formula	α hydroxy complex, dimethicone, glycerin, lecithin, sunflower			600ml	\$ 6
Vaseline IC Lotion-Extra Strength Formula	Petrolatum, α hydroxy complex, dimethicone, glycerin, lecithin,	✓	Petrolatum	600ml	\$ 6
Vaseline IC Lotion-Sensitive Skin Formula	Aloe, panthenol, α hydroxy complex, dimethicone, glycerin,			600ml	\$ 6
Vaseline IC Lotion-Hand & Nail Formula	Aloe,dimethicone,glycerin, keratin, lecithin, mineral oil, vit.A&E			400ml	\$ 7
Vaseline Petroleum Jelly	Petrolatum 100%	✓	Petrolatum	500g	\$ 5
Vaseline Petroleum Jelly Cream	Petrolatum 30%, vit. E	✓	Petrolatum	220g	\$ 5
Wibi Glycerin Lotion	Glycerin 23%, PB				

B = bath additive; C= cream; J= jelly; L= lotion; S= soap; AHA= alpha hydroxy acid

Coal Tar Product - ↓ inflammation and pruritis; Apply at night & wash off in morning; Apply under emollient to ↓ drying effect.

Doak Oil & Doak oil Forte	Coal tar 2%; Coal tar 10%	P	Bath oil	250ml	\$ 12
Estar Gel	Coal tar 5%	P	Topical gel (drying)	85g	\$ 12
Mazon Medicated Cream	Coal tar 0.55%, SA 1%; resorcinol 1.5%	S	Apply several times daily	100g	\$ 11
Mazon Medicated Soap	Coal tar 0.5%			85g	\$ 3
Oxipor Lotion	Coal tar solution 40%, SA 1%, Benzocaine	P		50ml	\$ 11
Tar Gel	Coal tar 10% (SA contains salicylic acid 3%)			100g	\$ 16
Tegrin Cream	Coal tar solution 5%, allantoin 2%, EtOH 4.5%	P	Keratin softener	60 ml	\$ 11
Zetar Bath Emulsion	Coal tar 30%	P	Bath additive	125ml	\$ 13
Denorex Shampoo (Reg. & ES)	Reg = Coal tar 7.5%; ES = Coal tar 10%; chlorxylenol 0.5%	P,S		200 ml	\$ 12
Tersa-tar shampoo (Mild & Reg.)	Coal tar: Mild: 1%, Reg 3%; pb	P,S	Shampoo (2-3x /week)	450ml	\$ 17
Mazon medicated shampoo	Coal tar 0.05%, SA 0.5%, sulfur 1%	S	Shampoo/keratolytic	125ml	\$ 6
Multi-Tar Plus	Coal tar solution 1%, Zinc pyrithione 1%	S		150ml	\$ 10
Polytar mild / regular	Coal tar 0.5% / 1%; wood/mineral tars	S	Shampoo/keratolytic	150ml	\$ 15
Sebcur T Shampoo	Coal tar 10%, SA 4%SA 4%	P		120ml	\$ 7
Sebutone Shampoo	Coal tar 0.5%, SA 1.5%, Sulfur 1.5%	S		200ml	\$ 8
Tegrin Shampoo	Coal tar solution 7%, EtOH 6.3%, pb	P	Shampoo/keratolytic	200ml	\$ 8
X Seb T Shampoo	Coal tar 10%, SA 4%	P		120ml	\$ 11

Coal tar soln. 5% ≅ Coal tar 1% ; High concentrations suitable for psoriasis (P); Low concentrations more suitable for seborrhea (S) and dandruff.

• *There are many varieties of these products. Product ingredients and cost may vary. Pharmacists can assist with product selection alternatives.

• For seborrhea: ketoconazole (Nizoral®) 2% shampoo may be used 1-2X / week. It should not be used within 2wks of topical corticosteroid.