

Topical Steroid Treatment

CHEAT SHEET



Topical steroid treatment is appropriate for the following conditions:

- Alopecia
- Atopic dermatitis/eczema
- Contact dermatitis, such as poison ivy
- Seborrheic dermatitis
- Psoriasis
- Vitiligo

WHEN PRESCRIBING TOPICAL STEROIDS, CONSIDER THE FOLLOWING:

LOCATION	<p>Face/neck/body folds (axillae, inguinal)—Low to medium</p> <p>Hands/feet—High to super-high</p> <p>Mucosa—High to super-high (for short periods of time)</p> <p>Scalp—High to super-high</p> <p>Trunk/extremities—Moderate to super-high, depending on how inflamed/thick</p>																								
VEHICLE	<p>Cream—Good for children/teenagers who don't like greasy ointments. Can burn on open skin.</p> <p>Foam/solution—Good for scalp (Caucasian). Can burn on open skin.</p> <p>Gel—Good for oral ulcers/mucosa.</p> <p>Lotion—Good for patients with sensory issues. Can burn on open skin.</p> <p>Oil—Good for scalp (ethnic/Black hair) and large body areas (can leave in or wash out in morning).</p> <p>Ointment—Good for all patients with eczema or open skin. Good for scalp (ethnic/Black hair). Ask if patient prefers a hair grease.</p> <p>Shampoo—Good for inflammatory conditions on scalp such as seborrheic dermatitis and eczema.</p>																								
STRENGTH	<p>Low—Good for mild inflammation in areas with thin skin, e.g. face, folds or infant skin.</p> <p>Medium—Good for moderate inflammation in areas of scalp, trunk, extremities.</p> <p>High—Good for moderate to severe inflammation (or lichenification) in areas of scalp, trunk, extremities.</p> <p>Super-high—Good for severely inflamed skin (most of the time needs a dermatology referral).</p>																								
DURATION	<p>Don't give hard stop dates. Most inflammatory conditions require some kind of maintenance.</p> <p>Patient should use medicine for 21 days of the month maximum. Some options include:</p> <p>* Use the medicine Monday–Friday and skip weekends.</p> <p>* Use medicine two weeks on, one week off, then restart.</p>																								
SIZE	<p>Before prescribing, calculate volume based on the size of the affected area compared to an adult palm.</p> <p>For each adult-hand-size area, the patient will need 2.5 grams for twice a day/week or 10 gm twice a day/month (this includes taking appropriate breaks).</p> <p>Multiply the number of adult hands x 10 = grams per month. If 100% body surface area is affected, this is how much you need for a 30-day supply</p> <p>Estimates for covering 100% body surface area by age twice daily for one week or one month</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Under 1 year</th> <th>1–2 years</th> <th>2–5 years</th> <th>5–10 years</th> <th>10–12 years</th> <th>Teenager</th> <th>Adult</th> </tr> </thead> <tbody> <tr> <td>Twice daily x 1 week</td> <td>60 gm</td> <td>90 gm</td> <td>120 gm</td> <td>170 gm</td> <td>240 gm</td> <td>320 gm</td> <td>420 gm</td> </tr> <tr> <td>Twice daily x 1 month</td> <td>240 gm</td> <td>360 gm</td> <td>480 gm</td> <td>700 gm</td> <td>960 gm</td> <td>1280 gm</td> <td>1680 gm</td> </tr> </tbody> </table>		Under 1 year	1–2 years	2–5 years	5–10 years	10–12 years	Teenager	Adult	Twice daily x 1 week	60 gm	90 gm	120 gm	170 gm	240 gm	320 gm	420 gm	Twice daily x 1 month	240 gm	360 gm	480 gm	700 gm	960 gm	1280 gm	1680 gm
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For more information or to discuss a case, contact the Division of Dermatology at 513-636-4215 or dermatology@cchmc.org

TOPICAL STEROIDS GROUPED ACCORDING TO POTENCY

CLASS	DRUG	STRENGTH	DOSAGE FORM
1	Betamethasone dipropionate (augmented)	0.05	Cream, ointment
	Clobetasol propionate	0.05	Cream, foam, ointment
	Diflorasone diacetate	0.05	Ointment
2	Amcinonide	0.1	Cream, lotion, ointment
	Betamethasone dipropionate	0.05	Cream, foam, ointment, solution
	Fluocinonide	0.05	Cream, gel, ointment, solution
	Mometasone furoate	0.1	Ointment
	Triamcinolone acetonide	0.5	Cream, ointment
3–4	Betamethasone valerate	0.1	Cream, foam, lotion, ointment
	Fluocinolone acetonide	0.025	Cream, ointment
	Fluticasone propionate	0.05	Cream
	Fluticasone propionate	0.05	Ointment
	Mometasone furoate	0.1	Cream
	Triamcinolone acetonide	0.1	Cream, ointment
5	Hydrocortisone butyrate	0.1	Cream, ointment, solution
	Hydrocortisone probutate	0.1	Cream
	Hydrocortisone valerate	0.2	Cream, ointment
6	Alclometasone dipropionate	0.05	Cream, ointment
	Desonide	0.05	Cream, gel, foam, ointment
	Fluocinolone acetonide	0.01	Cream, solution
	Triamcinolone	0.025	Cream, oil
7	Dexamethasone	0.1	Cream
	Hydrocortisone (OTC)	0.25, 0.05, 1	Cream, lotion, ointment, solution
	Hydrocortisone acetate (OTC)	0.5–1	Cream, ointment

Source: Chow, S et al. "A clinician's reference guide for the management of atopic dermatitis in Asians." *Asia Pacific Allergy* 8 (2018): n. pag.

Note: Fluocinolone oil is made in peanut oil, but the antigen is removed so it is safe in patients with peanut allergy.

Full steroid potency table



For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link® at 1-888-987-7997.