

### Topical corticosteroid guide

Potency (strength)	Topical steroid
<b>Mild</b>	<ul style="list-style-type: none"> <li>• <b>Hydrocortisone</b> cream, ointment 0.5%, 1%, 2.5%</li> <li>• Fluocinolone 0.0025% cream (<b>Synalar 1 in 10 Dilution</b><sup>®</sup>)</li> </ul>
<b>Mild with anti-microbial/ antifungal</b>	<ul style="list-style-type: none"> <li>• Hydrocortisone 1% &amp; miconazole 2% cream, ointment (<b>Daktacort</b><sup>®</sup>) – (antifungal)</li> <li>• Hydrocortisone 0.5% &amp; nystatin 100,000 units/g cream (<b>Timodine</b><sup>®</sup>) - (antifungal)</li> </ul>
<b>Moderate</b>	<ul style="list-style-type: none"> <li>• Clobetasone butyrate 0.05% cream, ointment (<b>Eumovate</b><sup>®</sup>)</li> <li>• Betamethasone valerate 0.025% cream, ointment (<b>Betnovate RD</b><sup>®</sup>)</li> <li>• Fluocinolone 0.00625% cream, ointment (<b>Synalar 1 in 4 Dilution</b><sup>®</sup>)</li> </ul>
<b>Moderate with anti-microbial and antifungal</b>	<ul style="list-style-type: none"> <li>• Clobetasone butyrate 0.05%, oxytetracycline/<sup>®</sup> nystatin cream (<b>Trimovate</b><sup>®</sup>) – (antifungal and antibiotic)</li> </ul>
<b>Potent</b>	<ul style="list-style-type: none"> <li>• Betamethasone valerate 0.1% cream, ointment, scalp application (<b>Betnovate</b><sup>®</sup>)</li> <li>• Fluocinolone 0.025% cream, ointment, gel (<b>Synalar</b><sup>®</sup>)</li> <li>• Mometasone furoate 0.1% cream, ointment, lotion (<b>Elocon</b><sup>®</sup>)</li> </ul>
<b>Potent with anti-microbial/ antifungal</b>	<ul style="list-style-type: none"> <li>• Betamethasone dipropionate 0.064% &amp; clotrimazole 1%, cream (<b>Lotriderm</b><sup>®</sup>)- (antifungal)</li> <li>• Fluocinolone acetonide 0.025% &amp; clioquinol 3% cream, ointment (<b>Synalar C</b><sup>®</sup>) – (antiseptic)</li> </ul>
<b>Very potent</b>	<ul style="list-style-type: none"> <li>• Clobetasol propionate 0.05% cream, ointment, scalp application (<b>Dermovate</b><sup>®</sup>)</li> </ul>
<b>Very potent with antimicrobial and antifungal</b>	<ul style="list-style-type: none"> <li>• Clobetasol propionate 0.05%, neomycin/nystatin cream, ointment (<b>Dermovate NN</b><sup>®</sup>) – (antibiotic &amp; antifungal)</li> </ul>

#### Guidance for topical steroid use

1 FTU (0.5g) will cover an area of affected skin the size of two adult palms



- Apply to affected areas once or twice daily (before or after emollient) until redness and itching has completely settled, and then continue for a further two days then reduce frequency of application not potency. Restart as soon as redness and itching appears.
- Use mild topical steroids for face and neck. Only use moderate potency for 3-5 days during flares.
- Use moderate or potent steroids for 7-14 days maximum in skin creases.
- Do not use very potent steroid (e.g. Dermovate/ Dermovate NN) without specialist advice.