

## Prescription Topical Treatments

Follow your health care provider's directions for application. Tell your doctor if you experience any unusual discomfort. Apply topical treatments only to psoriasis lesions if possible to avoid irritating unaffected areas.

Medication Common Name (Brand)	What it does	How it's delivered	Dose & Frequency	Monitoring/Follow up	*Common Side Effects
Corticosteroids eg. bemethasone mometasone	Reduces inflammation (swelling and redness, scaling) of the skin	On the skin	Apply to affected areas once or twice a day depending on medication	May monitor for adrenal gland suppression.	Fragile, thin skin, easy bruising Appearance of small blood vessels. Bands of thin, red skin that turn into silvery lines (stretch marks) Infection of hair follicles Tiny red or purple spots Contact dermatitis (rash) Vulnerability to infections Hair growth
Vitamin D Derivatives / Analogues -Calcipotriol. (Dovonex®) -Calcitriol (Silkis®)	Acts to return the growth of skin cells to normal.	On the skin	Twice a day (morning and evening) on affected skin	May monitor calcium levels	Burning, itchiness, swelling, peeling, dryness and rash
Combination topical treatment. (Vit. D plus corticosteroid) - Calcipotriol + bemethasone (Dovobet® Enstilar®)	Acts to return the growth of skin cells to normal. Reduces inflammation (redness, swelling and itching).	On the skin	Once daily on affected skin. Up to 4 or 8 weeks depending on medication and as directed by doctor.	May monitor calcium levels and adrenal gland function	Mild itching and those side effects associated with the individual ingredients listed above.
Retinoids -Tazarotene (Tazorac®)	Acts to return the growth of skin cells to normal. And anti-inflammatory effect	On the skin	Apply thin film on affected skin once a day before bed. Continue as directed by doctor.	As needed by doctor. Avoid pregnancy during treatment	Burning and redness of the skin Itchy and irritated skin Inflammation and pain of the skin Peeling of the skin Worsening of psoriasis Eczema Rash Stinging sensation of the skin

Information is from the full product monograph or consumer information for each listed medication. \*This chart does not provide a complete list of possible side effects. For more detailed information refer to the Product Monograph- Adverse Reactions or Consumer information insert for warnings, precautions and other considerations for each treatment “