

Table 1. Topical Therapies Used in Psoriasis

| Topical therapy  | Use and efficacy   | Limitations  |
|--|--|--|
| <b>Topical corticosteroids</b>   |  |  |
| Class I (betamethasone dipropionate, clobetasol propionate 0.05% cream, diflucortolone valerate [not available in the United States], fluocinonide, flurandrenolide 0.1%, halobetasol propionate 0.05%) <sup>a</sup>   | <p>Efficacy: depends on class</p> <p>Amount and duration:</p> <ul style="list-style-type: none"> <li>For acute management, use twice daily until lesions are clear or almost clear</li> <li>For proactive maintenance, apply topical corticosteroids, vitamin D analogue, or topical calcineurin inhibitors twice per week to clinically quiescent lesions (eg, Monday and Thursday)</li> </ul> <p>Maximum dose for class I use in adults, 50 g per week<sup>5</sup></p> | <p>With frequent and prolonged use of high-potency topical corticosteroids in normal-appearing skin or intertriginous areas, the following adverse effects may occur: skin atrophy, telangiectasia, and striae</p> <p>Regular examinations are recommended with long-term use</p> <p>Systemic adverse effects such as suppression of the hypothalamus pituitary and adrenal gland axis is rare and can be minimized by limiting long-term use of high-potency topical corticosteroids on large body surface areas—especially limiting such use in children</p> |
| Class II (amcinonide ointment 0.1%, mometasone furoate 0.1% ointment, clobetasol propionate 0.025%, desoximetasone, diflorasone diacetate, fluocinonide 0.05%, halcinonide, halobetasol propionate 0.01%) <sup>a</sup>   | <p>Anatomical site:</p> <ul style="list-style-type: none"> <li>For sensitive body sites (face, axillae, inframammary, and groin areas), use low-potency topical corticosteroids (class VI or VII)</li> <li>For trunk and extremities, use class I-III topical corticosteroids</li> </ul>   |  |
| Class III (amcinonide cream or lotion 0.1%, betamethasone dipropionate, betamethasone valerate, desoximetasone, diflorasone diacetate, diflucortolone valerate [not available in the United States], fluocinonide 0.05% cream, fluticasone propionate, mometasone furoate, triamcinolone acetonide) <sup>a</sup> | <p>Vehicle:</p> <ul style="list-style-type: none"> <li>For scalp, use solution or foam (class I topical corticosteroids)</li> </ul>  |  |
| Class IV (betamethasone dipropionate, clocortolone pivalate, fluocinolone acetonide, flurandrenolide, hydrocortisone valerate, mometasone furoate, triamcinolone acetonide 0.1% cream) <sup>a</sup>  | <p>Ointments are typically more effective than creams if same active ingredient is used, but ointments are generally not preferred due to greasiness</p>   |  |
| Class V (betamethasone dipropionate, betamethasone valerate, desonide, fluocinolone acetonide 0.01% cream, flurandrenolide, fluticasone propionate, hydrocortisone butyrate, hydrocortisone probutate, hydrocortisone valerate, prednicarbate, triamcinolone acetonide) <sup>a</sup>                             |  |  |
| Class VI (alclometasone dipropionate, betamethasone valerate, desonide 0.05% gel, fluocinolone acetonide, triamcinolone acetonide) <sup>a</sup>  |  |  |
| Class VII: (hydrocortisone 2.5% cream, hydrocortisone acetate) <sup>a</sup>  |  |  |