

## **PSORIASIS ROTATIONAL THERAPY**

One of the most effective treatments for localized psoriasis is the combination of two different topical medications. The first is the topical vitamin D based ointment known as Dovonex. The second is one of the more potent topical cortisone (usually clobetasol or halobetasol) creams. If these medications are used together they seem to work better than either one alone. The combination also has less side effects.

In the initial two to three weeks of treatment, both medications are applied once per day. The creamy medication is applied first and rubbed in completely. Then the Dovonex ointment is applied immediately on top of the cream. Most patients find it easier to apply the medications at night at bedtime

Make a concerted effort to apply both creams each and every day for the first two to three weeks. Most patients notice a fairly dramatic improvement even after this brief period. At this point the treatment can be switched to weekend treatment. In this method the topical therapy is used on weekend days (Saturday and Sunday) only. This is done in the same fashion with the cortisone cream being applied first and the Dovonex ointment second. Again most patients use the weekend therapy at night before bed

In summary for the first two to three weeks two different topical medications are used together once per day. Thereafter the same medications are used on weekend days only. Most patients find this treatment quite successful with minimal side effects.

If you have any other questions regarding this treatment, please ask me before you leave the office.