

## **TACLONEX THERAPY**

One of the most effective topical treatments for localized psoriasis is an ointment called Taclonex. This is a combination of two different medications. The first is a topical vitamin D based ointment called calcipotriene (Dovonex). The second is one of the more potent topical cortisone creams called betamethasone. In the past these medicines were applied separately and mixed together. It is much easier to use the new Taclonex product since it only has to be applied once per day. In addition, the combination of the two agents has fewer side effects than using both separately.

Taclonex ointment should be applied once per day. I strongly urge you to make a concerted effort to apply the medication every day for a period of approximately two to three weeks. After this time frame you should notice a significant improvement in your skin condition. Thereafter the medication can be used once or twice per week to maintain the improvement.

Since Taclonex has a slightly greasy feel, most patients find it best to apply the medication at night before bed but it is perfectly fine to apply it whenever it is easier for you to remember. The most important aspect is to use the medication regularly in the first few weeks and then to use it intermittently as needed.

Many patients with more extensive psoriasis have a few scattered patches that are stubborn and resistant to treatment. This is another situation where the topical Taclonex has significant advantages and should be used in the same fashion as I mentioned above.

Most patients who use Taclonex therapy do not have any side effects. As with any topical medication, there can be a slight burning or itching sensation especially in the beginning of treatment but this usually resolves with continued use of the product.

Because one of the agents in topical Taclonex is a cortisone therapy, this medication should not be used on the face or the skin fold areas except for very brief periods of time or if you are advised otherwise at the time of your visit.

In summary, Taclonex is the most effective topical therapy that is available for psoriasis. If you use this once a day for a period of approximately two weeks, you will see a significant improvement in most areas. Hopefully using the medication once or twice per week will maintain the improvement.

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