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General Dermatology

Diseases of the Skin, Hair and Nails

Dermatologic Surgery

Phototherapy

Laser Treatment

Dermatopathology

CALCIPOTRIENE (DOVONEX) PATIENT INSTRUCTIONS

Calcipotriene is a new and exciting treatment for psoriasis. Calcipotriene is a topical ointment, which is applied to the affected areas of psoriasis. It is a medication, which is derived from vitamin D. It is not a cortisone or steroid medication.

In psoriasis the skin cells grow more rapidly than normal which is what produces the thickness, redness, and scaling in the affected area. When the Calcipotriene vitamin D derived ointment is applied, the growth of the psoriasis cells returns to a more normal pattern.

Calcipotriene ointment is applied to the affected areas of psoriasis two times per day. Unlike some of the cortisone creams it may take slightly longer to achieve its maximum benefit. That is, instead of the psoriasis improving in a matter of a few days or a week, it might take a few weeks to start working.

Calcipotriene ointment is a very safe treatment for psoriasis. It can cause some slight irritation in the area where the medication is applied. For the majority of patients, this irritation is mild and goes away even though the ointment is continually applied as directed. If you have excessive irritation or burning in the area, please call the office.

If normal vitamin D would be applied to the skin, then the calcium level in the blood can change. Fortunately the Calcipotriene ointment does not have the same effect because it is a different derivative. To avoid any calcium related problems, it is important to let me know if there is any history of kidney stones, hyperparathyroidism, kidney problems, or calcium abnormalities.

Calcipotriene ointments work best when combined with other therapy such as phototherapy, natural sunlight, oral medication or creams.

It is important not to use more than a total of 100 gms of ointment per week. If excess amounts are applied, then the blood level of calcium can increase.

In summary, Calcipotriene is a highly effective and safe medication for the treatment of psoriasis. It is important to apply this medication two times per day in the proper way to get its full benefit. If you have any other questions about your treatment, please ask me before you leave the office.