

## **Cortisone Therapy**

I have recommended that you receive treatment with a topical cortisone (steroid) medication. This is a cream, ointment, or solution which is rubbed on the skin to the affected areas. It is important that you use this treatment in the proper way to obtain the maximum benefit and to avoid any potential side effects.

As you may know, one form of a topical steroid treatment (hydrocortisone 1%) is available over the counter. The major difference is that the prescription topical cortisone products are much stronger.

It is important to use the topical medication properly. It is applied to the skin once per day for a period of approximately two weeks. This two-week period is not set in stone. At times it can be stopped sooner or continue slightly longer, depending on the response of your individual problem. After the condition has improved significantly or cleared up, the medication can then be used once or twice per week in order to maintain the improvement. The medication can then be stopped completely after a few more weeks.

Therefore, for the first two weeks the medication is applied once per day. Thereafter it is used once or twice per week. As long as the medication is used according to these guidelines, these topical cortisone treatments are very safe and effective for the treatment of many skin problems, especially when other medications did not work in the past.

In general, the prescriptions for these medications are electronically sent to your pharmacy. My recommendation is to call the pharmacy before you actually go there to make sure that the prescription has been received and can be processed accordingly. In this way, when you arrive at the pharmacy, the medication will be ready for your pick-up.

If you have any questions regarding this treatment, please do not hesitate to ask me before you leave the office.