

OVER-THE-COUNTER DERMATOLOGY MEDICATIONS

There are a number of very effective dermatology medications which are now available over-the-counter. Many of these medications were prescriptions and because of their safety are now available in any drugstore or pharmacy without a prescription.

These medications are very effective for many skin problems and I will let you know which of the medications will be beneficial for you. One of the significant advantages of a medication going over-the-counter is there is often a markedly decreased price. At times we may provide a prescription for the medication even if it is over-the-counter. Occasionally purchasing it as a prescription will be less expensive. In addition, some patients prefer a prescription because of their flexible savings accounts or health savings accounts.

Miconazole or clotrimazole

These are creams that are usually applied once per day to the affected areas. At times they are mixed with another medication before the application. These medications are often available in the athlete's foot section of the drugstore. They have a beneficial effect against athlete's foot but are used for many other skin problems. One form is a powder called Zeasorb AF

Terbinafine or butenafine

In general these medications are applied once per day to the affected areas. They are often used on the feet or toenails. These usually can be found in the athlete's foot section of the drugstore.

Benzoyl peroxide gel 5% Benzoyl peroxide cleanser 5% or 10% (Trade name - Panoxyl)

This medication is effective for many skin problems and is usually applied once per day to the affected areas. These types of cleansers are used in the shower and often have a beneficial role in prevention of skin problems.

Hydrocortisone 1% cream

Hydrocortisone has anti-inflammatory activities and is beneficial in many types of skin problems. It is usually applied once per day to the affected area. At times this can be mixed with another medication which is useful for other types of skin problems.

Pramoxine (Trade name - Itch-X or Sarna Sensitive Skin Lotion (not Sarna original))

Pramoxine is a topical medication, which is often very effective for itching and burning sensations in the skin. It is usually used 2-3 times per day to the affected areas.

Anti-itch products (Trade name Sarna Original Lotion)

Soothing itch relief with camphor and menthol

Retinol products (Trade name - Neutrogena Ageless intensives)

Retinol products are derived from vitamin A. They are effective in various sun-induced skin conditions. These types of products can often lighten dark spots on the skin and may help remove small sun-induced growths. There are many retinol products that are available in the cosmetic area of pharmacies. I usually recommend Neutrogena products.