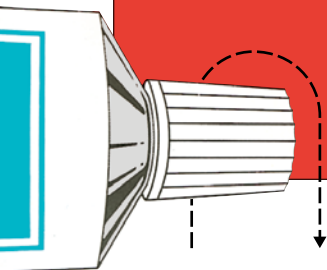




SHORT- CONTACT THERAPY

A GUIDE FOR
PATIENTS WITH
PSORIASIS



SHORT-CONTACT THERAPY

Dithrocream is one of the most effective methods of achieving clearance of psoriasis patches.

Application of Dithrocream for short-contact periods each day has been shown to be highly successful for many patients.

DITHROCREAM MAY CAUSE TEMPORARY STAINING OF THE SKIN AND A BURNING SENSATION IF USED INAPPROPRIATELY.

It is important that you understand how Dithrocream should be used before commencing treatment.

The following is not the complete patient information.

Always read the full patient information in the package leaflet before applying Dithrocream.

Always ensure you start treatment with the correct strength of Dithrocream. If using for the first time, or if using it on new patches of psoriasis not previously treated, always start treatment with the lowest strength of Dithrocream 0.1%.

1

To open the tube, unscrew the cap and invert to pierce membrane.

2

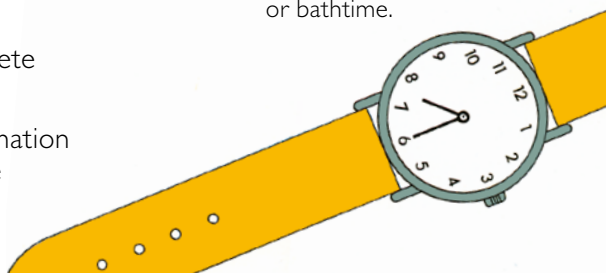
For short-contact therapy, Dithrocream should be applied once a day. Start with a contact time of only 10 minutes, before washing off. Then over several days, increase the contact time to no more than 1 hour. You may find it helpful to time the application so that you put it on before your usual shower or bathtime.

3

A small amount of cream should be rubbed accurately into the areas of psoriasis until the cream is absorbed. Try to avoid the surrounding normal skin. Wash hands thoroughly after use. To avoid staining of clothes or chairs, you could wear an old dressing gown. Dithrocream should not be used on the face, and should be used with care, and only on doctor's advice, on the following areas: under arms, under breasts, between legs or buttocks, groin and the tummy-button!

4

After the required contact time the cream should be washed off by showering or bathing. Use your usual soap or shower gel.



DITHROCREAM DOES NOT CONTAIN A STEROID

5

For use on the scalp, first comb hair to remove loose scales and, after suitably parting, rub the cream well into the affected areas. Remove cream by shampooing the hair *after the required contact time* and take great care to avoid getting the rinse water into the eyes or on the face.



Blonde or fair hair may take on a pinkish tinge, but this will grow out after the treatment stops.

6

The above instructions should be repeated once a day until the skin is entirely 'clear' – that is, when there is nothing to feel with the fingers and the texture is normal. A period of 4 to 6 weeks' treatment may be necessary to achieve this clearance.

7

Although Dithrocream may be expected to produce a mild local sensation of warmth, if the treatment produces burning or excessive soreness, stop treatment and consult your doctor, who may advise you to use a lower strength of Dithrocream, a shorter contact time, or to apply it less often.

The treated areas of skin may gradually become stained purple or brown. This colouration, which is harmless, will gradually disappear within a few days after the end of your treatment. You should *not* attempt to scrub the colour from your skin.

8

If after a week your psoriasis does not seem to have improved **DO NOT DESPAIR!** It is possible that you may need a different strength of Dithrocream, and you should consult your doctor on this subject. Providing the treated

areas tolerate Dithrocream, it should be possible to clear psoriasis patches within 4 to 6 weeks by gradually increasing the strength of cream applied.

There are 5 strengths of Dithrocream:



Strength: 0.1%
Pack colour: Pale Blue



Strength: 0.25%
Pack colour: Red



Strength: 0.5%
Pack colour: Purple



Strength: 1.0%
Pack colour: Brown



Strength: 2.0%
Pack colour: Yellow

It may be necessary, and is perfectly acceptable, to use differing Dithrocream strengths on differing areas of the body – eg lower strengths (0.1% or 0.25%) are normally recommended for more tender sites. If in doubt, ask your doctor.

N.B. Only *one* prescription charge is payable if two or more different *strengths* of Dithrocream are supplied on the *same* NHS prescription form.

Some Do's and Don'ts

DO keep the cream away from the eyes and wash your hands after use.

DO keep the cream away from fabrics, plastics and other materials as it may cause staining.

DO rinse the shower/bath with hot water immediately after showering/washing the Dithrocream off, and use a suitable cleaner to remove any deposit on the shower/bath surfaces.

DON'T give up if you do not see immediate results – using Dithrocream is one of the most effective methods of ensuring long-term remission of your psoriasis.

DON'T use Dithrocream on very sore, angry looking or blistered psoriasis.

DON'T try to speed up treatment by using higher strengths or longer contact times.

SOME FACTS ABOUT PSORIASIS



Psoriasis is a fairly common skin disorder which affects about 2-3% of the population. It occurs equally in men and women and can affect people at any age.

There are certain times in life when the tendency to develop psoriasis is increased. Children with a family history of psoriasis may well develop the condition at puberty. Women may find that their psoriasis

becomes less noticeable during pregnancy, but that it flares up again soon after childbirth. Women are also more prone at or after the menopause.

The skin is a complex organ consisting of various layers of different types of cells.

Cells in the outer layer of the skin gradually change and move towards the surface where they are continuously shed and replaced. The process normally takes between 3 and 4 weeks.

In psoriasis, this rate of turnover is dramatically increased, within a localised area of skin, to as little as 3-4 days. Both live and dead cells arrive at the surface together and accumulate to form the silvery white scales that are characteristic of psoriasis.

Although the lesions are unsightly and may sometimes be embarrassing, the disorder is not catching and, with proper treatment, can be brought under control.

Even though the exact cause of psoriasis is still unknown, it appears that some people are more inclined to develop the disorder than others. Many

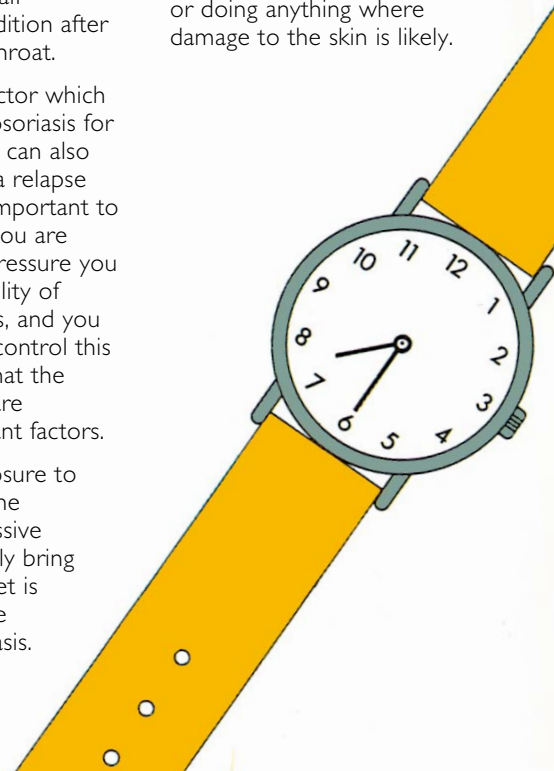
patients are able to think of someone else in the family who has psoriasis; but it is thought that people with a family history of the disorder only get it themselves if some other factor starts it off.

One of these factors could be a throat infection. Of those patients who first had psoriasis during childhood, half developed the condition after having had a sore throat.

Stress is another factor which could bring about psoriasis for the first time, but it can also be responsible for a relapse later on. It is very important to understand that if you are anxious or under pressure you increase the possibility of developing psoriasis, and you should attempt to control this by understanding that the stress and anxiety are themselves important factors.

In most cases, exposure to sunlight improves the condition but excessive sunburn may actually bring about a relapse. Diet is not thought to have any effect on psoriasis.

Cut down on stress by resting as often as you can. A holiday in the sun can work wonders, but do not overdo it as excessive sunburn can cause the lesions to spread. It is quite common for psoriasis to flare up at the site of an injury, so protect yourself against scratches and cuts when you are handling pets, gardening or doing anything where damage to the skin is likely.



THE 5 STRENGTHS OF DITHROCREAM ARE:



THE STRENGTH OF DITHROCREAM MAY NEED TO BE GRADUALLY INCREASED FOR BEST RESULTS — CONSULT YOUR DOCTOR.

The Psoriasis Association is a membership organisation providing information, support and advice about psoriasis.

The Psoriasis Association,

Dick Coles House,
2 Queensbridge,
Northampton
NN4 7BF

Telephone: **0845 676 0076**
(calls are charged at local rate)

Monday to Thursday 09.15 to 16.45
Friday 09.15 to 16.15
or **01604 251620**

www.psoriasis-association.org.uk

Dermal Laboratories Limited,

Tatmore Place, Gosmore, Hitchin,
Herts SG4 7QR
Telephone: 01462 458866

www.dermal.co.uk

