

TOPICAL DERMATOLOGY PRODUCTS:

WHICH ONE TO APPLY FIRST

General Counselling Points

1. Ensure that the patient knows which product to apply to which part of the body and the difference in potencies.
2. If both emollient & topical corticosteroid to be use at the same area, apply emollient first and wait for several minutes before applying topical corticosteroid.
3. Always apply cream based preparation prior to ointment based preparation.
4. Do not scratch the affected area as it will worsened the condition.
5. Remind patient to practice hand hygiene before & after applying topical preparation and to cut nails as short as possible.
6. Provide information on storage.
7. Always apply 'wet the dry' and 'dry the wet' concept when counselling patient.

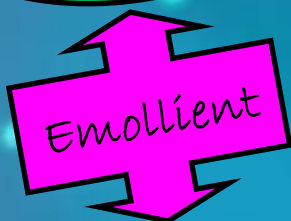


'wet the dry' - use emollient to moisten the dry area

'dry the wet' - use KMNO₄ on weepy area

CREAM-BASED

Less greasy than emollient ointments. They are easy to spread, absorb easily into the skin and are good for use during the daytime. Emollient creams can be used on weeping eczema.



Good for very dry, thickened skin and night-time use as they are greasy, thick and very moisturising; they are usually free of preservatives so are suitable for sensitive skin, but should not be used on weeping eczema.

OILMENT-BASED

SELECTIONS OF TOPICAL CORTICOSTEROID ACCORDING TO POTENCY

Potency class	Drug	Sites
Very potent	<ul style="list-style-type: none"> • Clobetasol propionate cream/ ointment 	Thick lichenified, palm or sole and scalp
Potent	<ul style="list-style-type: none"> • Mometasone furoate • Betamethasone valerate cream/ ointment full strength (0.1%) • Bethamethasone valerate cream/ ointment 1:2 (0.05%) 	Body and limbs
Moderate potency	<ul style="list-style-type: none"> • Betamethasone valerate cream/ ointment 1:4 (0.025%) • Clobetasone butyrate cream/ ointment 	Any sites
Mild potency	<ul style="list-style-type: none"> • Hydrocortisone cream/ ointment 1% • Betamethasone valerate cream/ ointment 1:8 (0.0125%) 	Face, ear or flexural, elderly with thin skin

References:

1. Ministry of Health, Malaysia: Topical Preparations Counselling Guide for Pharmacist, 1st Edition, 2018.
2. National Health Service, NHS: Emollient, 2017.