



Topical Psoriasis Treatment

1. Quick fix phase: when psoriasis is severe or flared up, use both your topical steroid (ie: clobetasol, betamethasone, fluocinonide, triamcinolone, desonide) and dovonex by freshly mixing equal quantities of each together in your palm. Apply mixture to affected areas of psoriasis twice a day for 1 to 2 weeks.
2. Transition phase: once psoriasis is brought under control, use your topical steroid twice daily on weekends only (Sat-Sun) and use dovonex twice daily on weekdays (Mon-Fri). By doing so, you taper the steroid gradually to avoid any rebound reaction.
3. Maintenance phase: when psoriasis plaque has become pink or brown and perfectly flat: use dovonex only twice daily. Continue with this until the lesion clears.
4. For flares, you can go back to step 1 and repeat the whole process.

Please do NOT forget to moisturize your skin every day.