

# Sequential Psoriasis treatment

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1. Quick fix phase: use both clobetasol and dovonex (by freshly mixing equal quantities of each together in your palms) twice a day for 1 to 2 weeks.
2. Transition phase (start once psoriasis is brought under control): use clobetasol twice daily on weekends only, use dovonex twice daily on weekdays. By doing so, you taper the clobetasol gradually to avoid rebound reaction.
3. Maintenance phase (start when psoriasis plaque has become pink and perfectly flat): use dovonex twice daily. Continue with this until the lesion disappears.
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.