

# Summary of topical treatments available specifically for scalp psoriasis from a doctor - as of April 2009

Patients can sometimes experience poor therapeutic results in scalp psoriasis, as many treatments are unpleasant to use. Many of the treatments available can be messy, smelly, or greasy-looking leave-in preparations that are troublesome to continue using. However, there are new scalp psoriasis treatments available that are fast, effective and easy to use. The latest treatment developments reflect the need for patient convenience to help achieve better therapeutic results including short contact medicated shampoos and combination gels. To make sure you are up to date with all the available treatments, use the below table as a treatment guide to discuss with your healthcare professional, which treatment is best for you.

Non-Coal Tar Treatments						
Formulation	Contact	Brand Name	Principal ingredient(s)	How to use it	Frequency of use	Duration of use
Shampoo	Wash out	Ceanel Concentrate	Cetrimide + phenylethyl alcohol + undecenoic acid	Use as shampoo	Three times weekly for first week then twice weekly	
Shampoo	Short Contact	Etrivex	Clobetasol propionate	Apply to lesions on dry scalp, after 15mins wet hair, lather and rinse thoroughly	Once daily	Maximum of 4 weeks
Shampoo	Wash out	Meted	Sulphur + salicylic acid	Apply to wet hair, lather, rinse, repeat	At least twice weekly	
Solution	Leave in	Betacap	Betamethasone	Apply sparingly and allow to dry naturally	Night and morning until noticeable improvement	Once improvement occurs, apply once daily or less
Solution	Leave in	Dermovate Scalp Application	Clobetasol propionate	Apply sparingly	Night and morning until improvement occurs	
Solution	Leave in	Dovonex Scalp Solution	Calcipotriol	Apply to affected areas	Apply twice daily night and morning	
Solution	Leave in	Locoid Scalp Solution	Hydrocortisone	Apply evenly and sparingly	Apply two or three times daily	
Lotion	Leave in	Diprosalic Scalp Application	Betamethasone + salicylic acid	Apply thin film and massage into skin	Twice daily	2 weeks and then review treatment
Lotion	Leave in	Diprosone Lotion	Betamethasone	Apply a few drops massaged into scalp	Twice daily	
Lotion	Leave in	Elocon Scalp Lotion	Mometasone	Apply a few drops massaged into scalp	Once daily	
Cream	Short Contact	Micanol	Dithranol	Apply sparingly, rub in gently, wash off only with lukewarm water within 30 min; do not use soap, shampoo or detergents	Once daily	
Gel	Short Contact	Psorin Scalp Lotion	Dithranol + salicylic acid	Apply to scalp then remove with shampoo after 10-20 minutes	Initially treat on alternate days, then daily until lesions resolve, gradually increasing application time to 1 hour	
Gel	Leave in	Synalar	Fluocinolone	Apply thinly to affected areas	Night and morning	Maintenance use once or twice weekly

Gel	Leave in	Xamiol	Calcipotriol + Betamethasone	Apply to the affected areas of scalp once daily for 4 weeks	Once daily	Four weeks
Aqueous Suspension	Leave in	Betnovate Scalp Application	Betamethasone	Apply sparingly	Night and morning until noticeable improvement	Once improvement occurs, apply once daily or less
Foam mousse	Leave in	Bettamousse	Betamethasone	Apply no more than a golf-ball-sized amount massaged into affected areas	Night and morning	Discontinue after 7 days if no improvement. Maintenance use once daily or less
Cutaneous foam	Leave in	Clarelux	Clobetasol propionate	Massage into affected areas until foam disappears	Twice daily	2 weeks

## Coal Tar Treatments

Formulation	Contact	Brand Name	Principal ingredient(s)	How to use it	Frequency of use	Duration of use
Shampoo	Wash out	Alphosyl	Coal tar	Wet hair, lather, massage and rinse thoroughly. Repeat this process and rinse	Every 2-3 days	
Shampoo	Wash out	Capasal	Coal tar + salicylic acid + coconut oil	Massage into wet hair, leave a few minutes and wash out. Repeat this process, lather and rinse	Daily if necessary	
Shampoo	Wash out	Neutrogena T gel	Coal tar	Use as shampoo	As required	
Shampoo	Wash out after 10 mins	Pentrax	Coal tar	Use as shampoo. Apply to wet hair, lather and rinse. Repeat leaving lather on for up to 10 mins, then rinse	At least twice weekly	
Shampoo	Wash out	Polytar Plus	Coal tar	Use as shampoo. Apply to wet hair and lather. Massage vigorously, rinse and repeat process	Once or twice weekly	
Shampoo	Wash out	Psoriderm Scalp Lotion	Coal tar + lecithin	Use as shampoo. Massage into wet hair, leave a few minutes and wash out. Repeat this process, lather and rinse		
Lotion	Leave in	Exorex	Coal tar	Apply a thin layer to lesions, massage and allow to dry	Two or three times daily	
Ointment	Wash out after 1 hour	Sebco	Coal tar + sulphur + salicylic acid + coconut oil	Apply ointment to scalp then shampoo off after one hour	Use daily for 3-7 days	Intermittently after day 7
Ointment	Wash out after 1 hour	Cocois	Coal tar + sulphur + salicylic acid + coconut oil	Apply ointment to scalp then shampoo off after one hour	Use daily for 3-7 days	Use intermittently after day 7