
Psoriasis

Psoriasis is a chronic inflammatory condition characterized by inflamed, red, often raised and scaly areas caused by the body making skin cells too quickly. The skin cells pile up and form patches or spots on the skin. Psoriasis can be associated with psoriatic arthritis. It is not contagious.

Steroid Creams or Ointments

Applied to the skin to ease inflammation, thickness, scaling, and itching. Safe when used within guidelines; overuse can cause skin thinning and discoloration.

- **Low potency:** _____ — safe on face/armpits/groin for up to 3 weeks, followed by 1 week of rest.
- **Mid potency:** _____ — safe on larger body areas twice daily for up to 3 weeks, followed by 1 week of rest.
- **High potency:** _____ — for difficult-to-treat smaller areas for up to 3 weeks, followed by 1 week of rest.

Coal Tar

Available OTC and by prescription. Helps with itch, scale, and difficult areas such as scalp, palms, and soles. Prescription tar is not covered by insurance.

- Provider recommends: _____ — use on scalp and body (not face/armpit/groin); can be left on or washed off as indicated.

Vitamin D Analogues

Slows rapidly dividing skin cells, flattens thick psoriasis, removes scale, and improves nail and scalp psoriasis. More effective when combined with a topical steroid.

- Provider has ordered: _____ — use in all areas twice daily (may cause irritation in sensitive areas). Does not thin the skin.

Topical Calcineurin Inhibitors

FDA-approved for eczema but safely used off-label for psoriasis. Does not thin skin. May cause initial burning or itching that typically fades with continued use.

- Provider has ordered: _____ — apply to all areas including sensitive areas such as face and genitals, twice daily.

Vtama (Tapinarof) — Aryl Hydrocarbon Receptor Agonist

Reduces inflammation and normalizes the skin barrier. Can be used long-term on sensitive areas. May take longer to clear plaques than steroids, but some patients remain clear for many months.

- Provider has ordered: _____ — apply once daily to all areas.

Topical PDE4 Inhibitor

- Provider has ordered: _____ — apply to affected areas twice daily.

UV Light Therapy

Uses UV light to target the immune system and stop inflammatory responses. Requires at least twice-weekly visits at the Tacoma and Silverdale offices only. Discuss risks and benefits with your provider.

Systemic Therapy

Oral and injectable medications are available for resistant or widespread psoriasis, and some also help with psoriatic arthritis. If interested, please reach out to your provider.
