



Patient Information Leaflet

'How to ...Apply Vitamin D Analogues'

Calcipotriol (Dovonex®), Calcitriol (Silkis®) and Tacalcitol (Curatoderm®)

Calcipotriol (Dovonex®), Calcitriol (Silkis®) and Tacalcitol (Curatoderm®) are all Vitamin D analogues, used in the management of psoriasis. Also you may have been prescribed Calcipotriol plus a steroid called Betamethasone (Dovobet®). Please see the separate information leaflet on 'How to ...apply *Dovobet®*' as the instructions are slightly different.

Vitamin D analogues may cause a little irritation to the skin around your psoriasis plaque. Should a severe reaction occur i.e. intense itching, burning or dermatitis (eczema) then you should stop using the cream or ointment and review your treatment plan with your doctor or nurse. If you suspect you are pregnant or are breast feeding you should stop applying the Vitamin D cream or ointment.

General advice for the application of Vitamin D products

If you are an adult you should not apply more than 100g in one week of (this is less than the quantity in a large tube: (120g)). Unless you are using Calcitriol (Silkis®), then you may apply 210g a week (2 large tubes). For children the amount depends on their age and size, so apply as directed by the nurse or doctor who prescribed the treatment. Always wash your hands thoroughly

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before and after applying the cream or ointment as this prevents cream being transferred to other parts of the body. Always read the patient information leaflet enclosed with your cream or ointment.

Treatment is applied either once a day with Tacalcitol (Curatoderm®) or twice a day with Calcipotriol (Dovonex®), or Calcitriol (Silkis®). Treatment can be continued for as long as required. The cream or ointment should be applied to the areas of skin where psoriasis is present with the exception of skin folds or the face. Calcitriol (Silkis®) may be applied to these areas with caution but try a small test area first.

Step 1

You should have a bath, shower or wash using a soap substitute or bath additive.



Step 2

Apply your emollient or moisturiser to all areas of your skin. This is not an 'active' treatment but helps to soften hard skin and plaques, reduce scaling and itch. Moisturisers also assist the penetration of other topical treatments. There are many different brands of moisturiser creams and ointments. You should use the moisturiser that 'suits' you best. If time permits wait approximately 30 minutes for this to soak in before applying

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the Vitamin D cream or ointment. If you do not have the time, then apply the emollients and Vitamin D treatments at different times of day.



Step 3

To work out how much Vitamin D treatment to use you should squeeze out the ointment or cream onto the end of an adult finger - from the tip of the finger to the first crease.



This is called a 'fingertip unit'. One fingertip unit of Vitamin D treatment is enough to treat an area of psoriasis equivalent approximately to the size an adult's hand and fingers.

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Step 4

Apply an even layer of your Vitamin D treatment to the affected area.



Step 5

Rub in the cream or ointment until it has all disappeared. Repeat until you have treated all affected areas. Then wash your hands (unless your hands are the treated area). Try not to transfer cream to other areas of the body especially the face when carrying out your treatment. Do not worry if you accidentally get the cream or ointment on your normal skin but try to avoid this if possible.



Step 6

The treatment in the case of Calcipotriol or (Dovonex®), Calcitriol (Silkis®) should be repeated again in the morning or early evening although you may not wish to repeat [Step 1](#). Moisturising the skin is an important part of your treatment so repeat [Step 2](#) as often as you wish or whenever the skin looks or feels dry.

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Step 7

You should use your treatment until the psoriasis plaque is completely flat and you can not tell the difference in the skin with your eyes closed. The psoriasis plaque may look a different colour for several weeks after treatment but the skin tones should eventually even out. Continue to use your emollient daily. Should your psoriasis recur you can restart using your prescribed Vitamin D Analogue cream or ointment.



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