



Topical treatment options for mild to moderate chronic plaque psoriasis of the trunk, limbs or scalp, February 2020

<https://dermnetnz.org/topics/guidelines-for-the-treatment-of-psoriasis>

Topical treatment of mild to moderate chronic plaque psoriasis of the trunk, limbs or scalp

- Optimise lifestyle, i.e. not smoking, avoiding excessive alcohol intake and maintaining a healthy weight
- Optimise use of emollients

Trunk and Limb Psoriasis in Children
(consider specialist referral at presentation)

Scalp Psoriasis in Adults and Children
(for children consider specialist referral at presentation)

Trunk and Limb Psoriasis in Adults

Age < 1 year

Age > 1 year

Localised psoriasis (< 5% BSA)

Moderately widespread psoriasis (5%-10% BSA)

Localised psoriasis (< 5% BSA)

Moderately widespread psoriasis (5%-10% BSA)

Calcipotriol for up to 4 weeks
age > 6 - twice daily
age < 6 - once daily

Soften with emollients, and consider combining with salicylic acid if significant scale present

Calcipotriol and a potent topical corticosteroid once daily for up to 4 weeks
(applied separately with one in the morning and the other in the evening or in a combined formulation)

Calcipotriol once daily for up to 4 weeks

Unsatisfactory response

Tar, salicylic acid and a potent topical corticosteroid in combination for up to 4 weeks

Tar based shampoo daily for up to 2 weeks

Note:
if unsatisfactory improvement after 4 weeks, consider 2%-5% topical salicylic acid/other keratolytic for very scaly plaques

Tar, salicylic acid and a potent topical corticosteroid in combination for up to 4 weeks

Calcipotriol and a potent topical corticosteroid once daily for up to 4 weeks
(applied separately with one in the morning and the other in the evening or in a combined formulation)

Unsatisfactory response

Potent corticosteroid once daily for up to 4 weeks
(if age > 1 year)

Calcipotriol twice daily for up to 8 weeks

Unsatisfactory response

Unsatisfactory response

Unsatisfactory response

Refer to a dermatologist for consideration of:
1. Increased potency of corticosteroids
2. Short contact dithranol (adults only)
3. Phototherapy
4. Systemic therapy

Satisfactory Response at Any Stage
Reduce the frequency of application and discontinue as tolerated.

For patients in whom lesions recur quickly, topical corticosteroids can be applied intermittently, such as on weekends, and calcipotriol on weekdays