



Topical treatment options for mild to moderate chronic plaque psoriasis of the face or intertriginous areas, February 2020

# Topical treatment of mild to moderate chronic plaque psoriasis of the face or intertriginous areas

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

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

**Child**  
(consider specialist referral at presentation)

**Adult**

Mild corticosteroid twice daily for up to 2 weeks  
Monitor children in diapers closely due to the occlusive effect of the diaper

Mild or moderate potency corticosteroid applied 1-2 times daily for up to 2 weeks (max 1-2 weeks per month)  
1st line: hydrocortisone 1% cream  
2nd line: triamcinolone acetonide

Satisfactory control?

Satisfactory control?

Yes

No

No

Yes

Stop treatment, and resume treatment during subsequent psoriasis flare

Refer to dermatology for consideration of treatment with a topical calcineurin inhibitor (twice daily for up to 4 weeks), calcipotriol or a low strength tar formulation

Topical calcineurin inhibitor twice daily for up to 4 weeks  
(initiated by a doctor with expertise in treating psoriasis)

Stop treatment, and resume treatment during subsequent psoriasis flare

Unsatisfactory control after 4 weeks

Refer to dermatology