# Texas Children's Hospital
## Dermatology Service
### PCP Referral Guidelines - Psoriasis

**Diagnosis:** PSORIASIS

**TREATMENT RECOMMENDATIONS:**
- Careful physical exam for possible strep infection (throat, perianal area, inguinal folds) and treatment if positive.
- Careful history for persistent or frequent history of morning stiffness or joint pain

<table>
<thead>
<tr>
<th>Location</th>
<th>Treatment</th>
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</thead>
<tbody>
<tr>
<td>Eyelids</td>
<td>Elidel 1% cream (or other calcineurin inhibitor)</td>
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<tr>
<td>Face, Axillae, Inguinal Folds</td>
<td>Hydrocortisone 2.5% ointment (or other Class 6 or 7 topical steroid)</td>
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</tbody>
</table>
| Body                            | Thin/mild: Triamcinolone 0.1% ointment (or other Class 3, 4 topical steroid)  
                              | Thick/severe: Mometasone 0.1% ointment (or other Class 1 or 2 topical steroid)  |
| Scalp                           | Mild (or patients with dry hair): Fluocinolone 0.01% (Derma-smoothe) oil |
|                                 | Severe: Clobetasol 0.05 % solution                                       |
|                                 | Shampoo: (over-the-counter)                                              |
|                                 | • Salicylic acid containing shampoo (e.g. T sal shampoo)                 |
|                                 | • Tar containing shampoo (e.g. T gel shampoo)                            |
|                                 | • Baker’s P&S shampoo                                                    |
| Nails                           | Mometasone 0.1% ointment (or other Class 1 or 2 topical steroid)         |
|                                 | • Apply medication to nail folds/cuticle                                 |

**PATIENT RESOURCES:** National Psoriasis Foundation www.psoriasis.org

**REFERRAL RECOMMENDATIONS:**
- Please refer patient if there is extensive involvement (>5-10% BSA), or localized involvement that has failed treatment recommendations above.
- If patient has persistent morning stiffness or joint complaints, please also refer to rheumatology for evaluation for possible psoriatic arthritis

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*Educational recommendations are made from the best evidence, expert opinions and consideration for the patients and families cared for by the service. This is NOT intended to impose standards of care preventing selective variation in practice that are necessary to meet the unique needs of individual patients. The physician must consider each patient's circumstance to make the ultimate judgment regarding best care.*
**Texas Children's Hospital**

Dermatology Service

**PCP Referral Guidelines- Psoriasis (continued)**

<table>
<thead>
<tr>
<th>ALTERNATIVE THERAPIES</th>
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| **Calcineurin inhibitors** | Pimecrolimus (Elidel) 1% cream  
Tacrolimus (Protopic) 0.03%, 0.1% ointment |
| **Phosphodiesterase inhibitors** | Crisaborole (Eucrisa) 2% ointment  
*** not well tolerated due to irritation |

<table>
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<th>Potency</th>
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| **Class 7 (low potency)** | Hydrocortisone 1% ointment, cream  
Hydrocortisone 2.5% ointment, cream |
| **Class 6 (low potency)** | Alclometasone dipropionate 0.05% ointment, cream  
Triamcinolone acetonide 0.025% cream  
Triamcinolone acetonide 0.1% cream  
Desonide 0.05% ointment, cream  
Fluocinolone acetonide 0.01% ointment, cream |
| **Class 5 (medium potency)** | Betamethasone valerate 0.1% cream  
Clocortolone pivalate 0.1% cream  
Fluocinolone acetonide 0.025% cream, oil  
Fluticasone propionate 0.05% cream  
Flurandrenolide 0.05% cream  
Hydrocortisone butyrate 0.1% ointment, cream  
Hydrocortisone probutate 0.1% cream  
Hydrocortisone valerate 0.2% cream  
Prednicarbate 0.1% ointment, cream  
Triamcinolone 0.025% ointment |
| **Class 4 (medium potency)** | Desoximetasone 0.05% cream  
Fluocinolone acetonide 0.025% ointment  
Flurandrenolide 0.05% ointment  
Hydrocortisone valerate 0.2% ointment  
Mometasone furoate 0.1% cream  
Triamcinolone acetonide 0.1% cream |
| **Class 3 (high potency)** | Amincione 0.1% cream  
Betamethasone dipropionate 0.05% cream  
Betamethasone valerate 0.1% ointment  
Diflorasone diacetate 0.05% cream  
Fluticasone propionate 0.005% ointment  
Triamcinolone acetonide 0.1% cream  
Triamcinolone acetonide 0.05% cream |
| **Class 2 (high potency)** | Amincione 0.1% ointment  
Betamethasone dipropionate 0.05% ointment, cream  
Clobetasol propionate 0.05% solution  
Desoximetasone 0.025% ointment, cream  
Diflorasone diacetate 0.05% ointment, cream  
Flucinonide 0.05% ointment, cream, solution  
Halcinonide 0.1% ointment, cream  
Mometasone furoate 0.1% ointment  
Triamcinolone acetonide 0.05% ointment |
| **Class 1 (ultrapotent)** | Clobetasol propionate 0.05% ointment, cream  
Betamethasone dipropionate 0.05% ointment  
Diflorasone diacetate 0.05% ointment  
Flucinonide 0.1% cream  
Flurandrenolide tape 4 mcg/cm2  
Halobetasol propionate 0.05% ointment, cream |


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