



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

Location	
Eyelids	Elidel 1% cream (or other calcineurin inhibitor)
Face, Axillae, Inguinal Folds	Hydrocortisone 2.5% ointment (or other Class 6 or 7 topical steroid)
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) <ul style="list-style-type: none"> • 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) <ul style="list-style-type: none"> • 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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ALTERNATIVE THERAPIES

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
Potency	
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)	Amcinonide 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% ointment Triamcinolone acetonide 0.05% cream
Class 2 (high potency)	Amcinonide 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 Fluocinonide 0.05% ointment, cream, solution Halcinonide 0.1% ointment, cream Mometasone furoate 0.1% ointment Triamcinolone acetonide 0.5% ointment
Class 1 (ultrapotent)	Clobetasol propionate 0.05% ointment, cream Betamethasone dipropionate 0.05% ointment Diflorasone diacetate 0.05% ointment Fluocinonide 0.1% cream Flurandrenolide tape 4 mcg/cm ² Halobetasol propionate 0.05% ointment, cream

- Modified from Bologna JL, Jorizzo JL, Schaffer JV. Glucocorticosteroids. *Dermatology*. 3rd ed. 2012. Ch 125, p. 2079.