



OTC CARE- TREATMENT

___ HYDROCORTISONE 1% CREAM (CORTAID/HYDROCORTISONE 1%)

___ CLOTRIMAZOLE (LOTRIMIN) CREAM/LOTION/SOLUTION

1. PURCHASE THE TWO CREAMS ABOVE AT ANY PHARMACY.
2. PLACE A PEA SIZED AMOUNT OF EACH CREAM INTO THE PALM,
3. MIX AND APPLY TO THE AFFECTED AREAD TWICE A DAY UNTIL THE LESION HAVE RESOLVED OR TWO WEEKS HAVE PASSED. IF THERE IS NOT A RESOLUTION YOU NEED TO MAKE A FOLLOW UP.
4. ONLY USE THE CREAMS WHEN NEEDED.

OTC CARE - MAINTENANCE

___ SELSUN BLUE SHAMPOO

___ NEUTROGENA T-SAL SHAMPOO OR ANY SHAMPOO WITH SALICYLIC ACID.

___ HEAD & SHOULDERS WHITE (ZINC) OR BLUE (SULFUR) SHAMPOO

___ CLn SHAMPOO

___ ZEASORB AF POWDER OR LOTION/GEL

___ SULFUR OR ZINC SOAPS TO WASH SKIN

___ SCALPICIN MAX STRENGTH WITH 1% HYDROCORTISONE

PRESCRIPTIONS - TREATMENT

___ KETOCONAZOLE (NIZORAL) 2% SHAMPOO. USE IN SHOWER AND RINSE.

___ FLUOCINONIDE 0.05 % (LIDEX) SOLUTION. TO CONTROL FLAKING AND INFLAMMATION USE TWICE A DAY AND LEAVE ON AS NEEDED.

___ FLUOCINOLONE .01% (SYNALAR) SOLUTION . TO CONTROL FLAKING AND INFLAMMATION USE TWICE A DAY AND LEAVE ON AS NEEDED.