

Dermatology Outpatient Clinic

Use of cortisone cream

Cortisone creams are used to treat rashes. Cortisone cream reduces swelling and redness of the skin caused by inflammation, reduces oozing and itching of the skin. Stronger cortisone creams also control the skin cell division.

Cortisone creams are classified into four groups based on their efficacy and side effects. In addition to cortisone, the combination products contain substances that treat bacterial and/or fungal infections or soften the keratinous layer.

Cortisone creams

	Group I mild	Group II moderate	Group III potent	Group IV very potent
Cortisone creams	hydrocortisone (0,5%, 1%, 2.5%, multiple trade names)	Apolar	Advantan	Dermovat
		Bucort	Bemetson	
			Betnovat	
		Locoid	Demoson	
			Elocon	
			Ovixan	
Combination creams	Dactacort	Duocort	Bemetson-K	
	Fucidin-Hydrocortison	Pevisone	Diprosalic	
	Pantyson		Fucicort	
	Pimafucort		Fucicort lipid	
	Sibicort			
	Terra-Cort			

Applying the cream

Apply the cortisone cream on the rash area 1-2 times a day. Use only mild, group I cortisone for skin conditions on the face and skin folds.

Do not apply cortisone cream and emollient cream on rash areas at the same time, as they interfere with each other's absorption.

How long?

Use the cortisone cream as prescribed by your doctor. For adults, cortisone creams are usually prescribed as a cure for 1–3 weeks. After the treatment period, take a break from applying cortisone cream either for as long as the treatment lasted or according to another separate instruction. During the break, use an emollient cream. After the break, you can redo another treatment course with cortisone if necessary. Alternatively, you can use cortisone cream after the course as a maintenance treatment regularly twice a week. If the rash becomes more difficult, despite maintenance treatment, you can take another cortisone treatment course if necessary.

Dermatology Outpatient Clinic

How much?

The consumption of cream depends on the skin rash area to be treated. However, do not use strong group IV cortisone more than 50 grams per week.

Side effects

Long-term use of cortisone cream for more than one month causes side effects, including thinning of the skin and sensitivity to bruising. In particular, the skin of children and the elderly is prone to adverse effects of cortisone cream. You can also become allergic to the ingredients of the cortisone cream.

Using cortisone creams on children

As a rule, group I cortisone creams are used on the skin of children. For children under 2 years of age, cortisone cream is used usually for 3–7 days. The cortisone cream treatment may be repeated if necessary, as instructed by your doctor.