

11 DERMATOLOGICALS

11.01 TOPICAL ANTI-INFECTIVES

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Mupirocin Ointment 2% 15g (Bactroban)		For MRSA infection, apply up to 3 times daily max 10 days. NOT for intranasal use.
*Neomycin 0.5% + Bacitracin 250 units/g Cream (Cicatrín)	MSL EDL	Superficial bacterial skin infection, adult & child > 2 yo, apply up to 3 times daily.
Silver Sulphadiazine Cream 1% (SSD) (Flammazine)	MSL EDL	Burns, apply 1-2 times daily to a thickness of approx. 1.5mm with a sterile applicator.

COMMENT/CAUTIONS:

- Topical antibiotics should generally be avoided since sensitisation can occur and they may encourage antibiotic resistance. Use systemic antibiotics for cellulitis treatment.
- **Neomycin S/E:** Irreversible partial or total deafness has been reported when applied to open wounds or damaged skin.

See Section 11.06 for topical antiseptics or disinfectants e.g. povidone-iodine ointment.

11.02 TOPICAL CORTICOSTEROIDS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Betamethasone 17-valerate Cream/Ointment 0.1% (Betnovate Full Strength)	EDL	Apply sparingly 1-2 times daily according to patient's condition. Potency: potent.

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GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Betamethasone 17-valerate Cream/Ointment 0.05% (Betnovate 1:2)	EDL	Dose: as above Potency: moderately potent. [In-house preparation: Dilute full strength with equal volume of aqueous cream or emulsifying ointment. Expiry 2 wks.]
Betamethasone 17-valerate Cream/Ointment 0.025% (Betnovate 1:4)	EDL	Dose: as above Potency: moderate. [In-house preparation: Dilute one part full strength with three parts of aqueous cream or emulsifying ointment. Expiry 2 wks.]
Clobetasol Propionate Cream/Oint 0.05% (Dermovate)	NF	Dose: as above. Potency: very potent.
Hydrocortisone Acetate Cream 1%	MSL EDL	Dose: as above. Potency: mild.

COMMENT/CAUTIONS:

- Topical corticosteroids according to potency:
 - Mild** - Hydrocortisone acetate 1%;
 - Moderate** - Clobetasone butyrate 0.05%;
 - Potent** - Betamethasone valerate 0.1% or dipropionate 0.05%, Hydrocortisone butyrate 0.1%;
 - Very Potent** - Clobetasol propionate 0.05%.
- Generally the least potent preparation effective should be used as there is greater risk of side effects with potent/very potent steroids. Potent topical steroids should be reserved for recalcitrant conditions e.g. chronic discoid lupus erythematosus, and avoided in psoriasis unless under specialist care.
- Potent preparations should not be used on the face, with rare exceptions.
- Topical steroids are of no value in treating urticaria and acne, are contraindicated in rosacea & ulcerative conditions, and should not be used indiscriminately for pruritus.
- Children/babies are esp. susceptible to side effects and more potent preparations are contraindicated in infants < 1 year. Generally topical steroids are avoided in paediatric treatment or limited to use over short periods. For Fingertip dosing units of topical corticosteroids for children see Appendix III.
- Suitable quantities of corticosteroid topical cream or ointment to be prescribed for adults, for a twice daily application for 1 week: face and neck (15-30g), both hands (15-30g), scalp (15-30g), both arms (30-60g), both legs (100g), trunk (100g), groins and genitalia (15-30g).

11.03 TOPICAL FUNGICIDES

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Ketoconazole 2% Shampoo (Nizoral) 120ml	NF	Pityriasis versicolor, treatment, once daily for 5 days; prophylaxis, once daily for 3 days.
Miconazole Nitrate 2% Cream (Daktarin)	MSL EDL	Apply 1-2 times daily, continuing for 10 days after lesions have healed.
Miconazole 2% + Hydrocortisone 1% Cream 30g (Daktacort)		Skin infection: apply twice daily; Nail infection: apply once daily and cover with a bandage.

COMMENT/CAUTIONS:

- Dermatophytes only invade the stratum corneum (keratin); often topical agents that penetrate keratin directly are better than systemic agents. Exceptions: nails and scalp infection.

11.04 SCABICIDES, PEDICULICIDES & DANDRUFF PREPARATIONS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
*Benzyl Benzoate Emulsion 25% (EBB Solution)	EDL	Scabies: Adults only, apply over whole body omitting head & neck. Repeat application without bathing on the following day, wash off 24 hrs later; 3 rd application may be needed.
Ketoconazole Shampoo 2% 120ml (Nizoral)	NF	Seborrhoea/dandruff: use as shampoo up to twice weekly for 2-4 weeks.
Lindane 1% Lotion [Gamma Benzene]		Second line treatment of pediculosis or head lice: rub into dry hair and scalp or affected area; allow drying for at least 4 min then rinse. Repeat after 7 days. Scabies: apply cream/lotion to skin for 8-12h, then rinse. Child, apply for 6-8h, rinse.

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GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Permethrin Cream 5%	EDL	Scabies in children: apply over whole body including face, neck, scalp and ears, then wash off after 8-12 hours; if hands washed with soap within 8 hours of application they should be treated again.
Permethrin Shampoo 1%	MSL EDL	Pediculosis/head lice: apply to clean damp hair and rinse after 10 min.

COMMENT/CAUTIONS:

- Avoid contact with eyes and mucous membranes; do not use on broken or secondarily infected skin; pregnancy and breast-feeding.
- **Benzyl Benzoate Emulsion** application may need to be extended to areas including the scalp, neck, face and ears in the elderly, the immunocompromised and those who have experienced treatment failure. Reapply after each hand washing session.

11.05 TOPICAL LOCAL ANAESTHETICS & ANTIPRURITICS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Lidocaine 2.5% + Prilocaine 2.5%, 5g cream with patch (EMLA) [Lignocaine]		Venipuncture (for child > 1 yo): apply one patch or cream as a thick layer under an occlusive dressing, 1hr before procedure.
Lidocaine HCl Solution 40mg/ml (Xylocaine 4% Topical) & Lidocaine HCl Spray 10% 10mg/metered dose (Xylocaine Spray) [Lignocaine]	MSL	Local skin anaesthesia. Bronchoscopy: 2-3ml of spray. Biopsy in mouth: 2-4ml with suitable spray or swab (with adrenaline if needed); max dose limit 4mg/kg lidocaine or 7mg/kg if + adrenaline. See product leaflet for details.
Lidocaine HCl Jelly 2% [Lignocaine]	MSL EDL	Local skin anaesthesia, apply as needed. See product leaflet for details.
Muscle Rub (various)		Apply prn, see product leaflet for details.

11.06 ANTISEPTICS AND DISINFECTANTS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Acetic Acid 0.5% & 5% Solution		Use as disinfectant/antiseptic especially in jellyfish sting or <i>Pseudomonas aeruginosa</i> infection of wound/burns.
Chlorhexidine 1:200 in Alcohol with Emollient (Hibisol 0.5%)	EDL	For pre-op skin prep/hand washing, apply 3-5ml over hands/forearms/skin area, and then rub vigorously for 2-5 min. When dry reapply and repeat procedure.
Chlorhexidine 1.5% + Cetrimide 15% Concentrated Solution (Savlon)	EDL	For disinfection of skin, burns, wounds & instruments: dilute 20ml concentrated solution in 1 litre of water to give 0.03% chlorhexidine and 0.3% cetrimide.
Chlorhexidine Gluconate Scrub 4% (Hibiscrub)	EDL	For pre-operative skin preparation and hand washing, apply 3-5ml over hands, forearms or skin area, rub vigorously for 1-2 min, rinse and dry, then repeat procedure.
Chlorhexidine Gluconate 5% Concentrated Solution (Hibitane) Diluted to give: Chlorhexidine Gluconate Solution in 70% Alcohol (Hibitane, diluted)	MSL EDL	Pre-op skin disinfection & emergency instrument disinfection: dilute 10ml concentrate with 15ml water and top up to 100ml with 95% alcohol.
Glutaraldehyde Solution 2% 14 Days [expiry on activation] (Cidex) & 28 Days [expiry o. a.] (Cidex Long Life)	EDL	Add activator vial contents, on activation Cidex: green; Cidex Long Life: blue. Use according to disinfection guidelines. Caution when activating, vapour is potentially toxic.
Note: Use disinfectants according to Infection Control Guidelines, and store in clean area.		

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GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Hydrogen Peroxide 7% Solution (Protect from light, store in dark bottles. NOTE : Caution in handling, Use gloves as 35% concentrate is corrosive and flammable.)		Use as 7% for disinfection of instruments or laundry. For skin disinfection and cleansing of crusted/odorous wounds or ulcers, dilute to 1.75% before use by adding 1 part hydrogen peroxide 7% to 3 parts of water. Dilution from 35%: take 400ml of 35% concentrate and top up with water to 2000ml to give 7% solution.
Industrial Methylated Spirit 70% (IMS)		For skin preparation or disinfection.
O-Phenyl Phenol Solution (Lysol) (Cresol+ soap solution)		Disinfection: dilute 1:200 (e.g. 5ml in 1 litre of water) or 1:100 (e.g. 5ml in 500ml water). For cleansing of linen, surfaces and objects.
Povidone Iodine 10% in Aqueous Solution or Ointment (Betadine) (available Iodine 1% w/v)	EDL	To be applied undiluted in pre and post-operative skin disinfection or as directed.
Povidone Iodine 7.5% Scrub (Betadine)	EDL	Use as pre-op scrub as required.
Sodium Hypochloride Solution 5% & 10% (Clorox)	EDL	For bleaching, disinfection and cleaning.
Note: Use disinfectants according to Infection Control Guidelines, and store in clean area.		

11.07 ASTRINGENTS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
*Gentian Violet BP 80 (Methylrosanilinium chloride) [Store diluted solution for max 7 days.]	EDL	Antiseptic/Astringent, dissolve 5ml (one teaspoonful) of crystals in 1 litre of water to give 0.5% solution (filter to remove sediment if present). Apply to skin lesions/burns, oral/vaginal mucous membranes, once daily <i>prn</i> .

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11.09 EMOLLIENTS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Aqueous Cream		Apply generously as often as required.
Calamine Lotion	NF EDL	Pruritus: apply as often as required.
Emulsifying Ointment		Apply generously as often as required.
Lip Balm (various)	NF	Apply to dry or chapped lips as required, see product leaflet for details.
Lubricating Surgical Jelly (KY Lubricating Jelly)		For gynaecological and surgical lubrication.
White Soft Paraffin (Vaseline)		Apply generously as often as required.