

Steroid Drugs for External Use

Steroid drugs for external use can effectively control skin inflammation and are therefore used for various skin diseases such as eczema, allergic dermatitis and psoriasis.

Steroid drugs for external use can relieve inflammation but cannot kill bacteria. On the contrary, they promote the breeding of bacteria. As such, they must not be used for infectious skin diseases such as tinea and sores.

Common steroid drugs for external use include fluocinolone, hydrocortisone and betamethasone. They are available in the form of emulsion, ointment and gel, etc. They have certain side effects and can only be sold bought on doctor's prescription in registered dispensaries.

Use of the Drugs

Prolonged and improper use of steroid drugs for external use may lead to adverse side effects such as skin dryness and allergy. They must be used according to doctor's instructions.

Before using any medicinal ointment, lotion or emulsion, clean the skin of the affected area first. Then apply a thin layer of the medication. Massage it gently into the skin. Do not apply too much to avoid side effects caused by excessive absorption of the medication. Unless instructed by your doctor, do not wrap or cover the affected area with a bandage.

Do not use the drugs or recommend them to others without doctor's instructions because misusing the drugs on infectious skin diseases would aggravate the conditions. Do not scratch the affected area during treatment to avoid infection caused by skin injury. Patients with allergic dermatitis should avoid contact with chemical substances. For instance, they should wear gloves to protect their skin when using detergents.

Storage of the Drugs

The drugs should be stored in a dry and cool place. Generally, they do not need to

be refrigerated unless otherwise stated in the drug labels. Also, they should be stored properly to avoid accidents of mistaken consumption or use by children.