The Vulval Clinic

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

14/06/2019

# Treatment instructions for topical steroids

You have been supplied with: **Clobetasol ointment**

This is a steroid-containing preparation which will reduce inflammation in your skin. It needs to be used regularly to be most effective and should not be stopped suddenly as this can cause your symptoms to get worse. Please follow the instructions below to get the maximum benefit.

Please apply **one finger tip unit** to the area on the diagram below

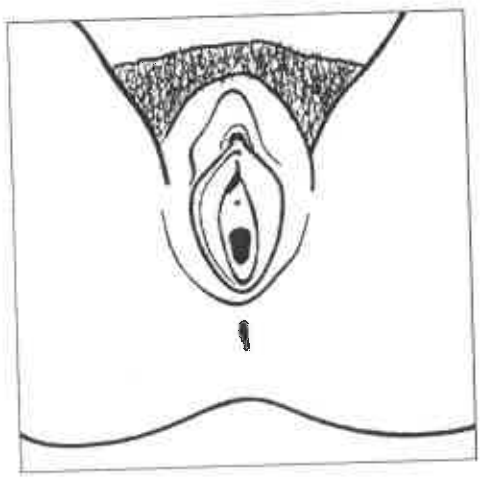
| | | |
|---|---|---|
| nightly | for | 4 weeks |
| *then* | | |
| alternate nights | for | 4 weeks |
| *then* | | |
| twice weekly | for | 4 weeks |

If you are using other creams or ointments please do not put them on until at least a half an hour **after** you have used your steroid cream or ointment.

You may find that this stings when you first put it on. This is often just because the skin is cracked and is usually not a sign that you are allergic to the cream or ointment. Try to persist with using it as this stinging will usually ease during the first few weeks of treatment. If it does not then please contact the clinic for advice.

You may be worried because you have heard that steroid creams and ointments can cause skin thinning. This is extremely unlikely as long as you stick to the instructions on this sheet.

*For further advice please contact:.*

* One Finger Tip Unit is a length of cream the same length as the last digit of your index finger.

Please apply the treatment to the area marked on this diagram.