

# PSORIASIS-ANTHRALIN

## **Instructions for the use of Anthralin:**

The Anthralin mixture is a tar compound used for treating psoriasis. This preparation works very well to cause the patches to clear the body and scalp.

IT IS IMPORTANT THAT YOU FOLLOW THE DIRECTIONS CAREFULLY WHEN YOU USE THIS MEDICATION.

Anthralin will stain and cause sun-burn-like effect to normal skin. This is not a serious problem but can be somewhat of a nuisance and uncomfortable.

Wear disposable plastic gloves when applying anthralin so it does not stain fingernails or fingertips. The staining is temporary and will wash away usually 2-4 weeks after you stop the use of the medication.

When applying Anthralin to the scalp in a liquid form, be sure that you put a towel around your forehead and neck so it does not run down your face and neck. If it does run down on your face or neck be sure and wash it immediately as it will cause a temporary burn.

To avoid the chance of a temporary burning of the face or neck or to skin not involved with psoriasis, you can apply Vaseline around your forehead and face so that it will be easy to wash it off if it runs down.

When you start to use this preparation on your scalp, leave it on approximately 5 minutes the first day. The next day if you do not have much burning or redness you can increase to 10 minutes. The third day and from then on you should use it for 20 minutes every day prior to a shower. If you find that you are having burning or discomfort or the skin is too red, discontinue for one or two days or apply for less time.

It is easy to remove the Anthralin by getting into the shower and washing off with soap and water. Any type of liquid soap or shampoo works well.

The doctor may direct you to leave it on for less time as your treatment progresses.

Psoriasis usually responds very well to this treatment in ten to fourteen days. When the Anthralin is removed a cortisone ointment or lotion is applied to the area and re-applied at bedtime.

There is no harm in the sunburn-like effect from Anthralin, except that it can cause some mild discomfort. If you do get a sunburn-like burn, use one of your topical cortisone preparations to help you clear it. Do not reapply the Anthralin if your skin is too tender. When you restart the Anthralin application, cut back the time that you leave it on your skin.

Your skin is much more sensitive to sunlight when you have applied Anthralin to it. Be very carefully about sunning yourself during this treatment. Ask the doctor how much extra sun you can tolerate.

For any further information or questions you may have please feel free to call us.