



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

**The Use of Clobetasol
Propionate 0.05%
(Dermovate®) Ointment**

Patient Information Leaflet

You should apply Clobetasol ointment sparingly but adequately (which means half to one fingertip) to the affected area(s). These are the areas where you notice itching/discomfort or changes in the skin. Ointment is preferred than cream due to better absorption and less irritation.

Apply the ointment:

**Once daily for 1 month
Then on alternate days for 1 month
Then twice a week for 1 month
Long-term maintenance is twice weekly and to increase frequency with
flare-up**

One 30g tube of clobetasol ointment should last at least 3 months. This amount should not cause you to have adverse effects on the treated skin or elsewhere in the body.

If there is flare up of symptoms after the 4-month course, you can use the clobetasol ointment every night for 2-weeks to treat the flare-up and then try to reduce the frequency, as above. Long-term use is safe as long as one 30g tube lasts at least 3 months. More than this may cause skin thinning.

Studies have indicated that compliant treatment with Dermovate® inhibits the progression of Lichen Sclerosus to vulvar cancer, as it reduces chronic inflammation.

It is normal to notice stinging for a few minutes after applying the ointment. However, if you notice stinging in the area for more than 1-2 hours after applying the ointment, you may have become sensitive to one of the ingredients.



Fig: Illustration of one fingertip of ointment

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**