Topical treatment of mild to moderate chronic plaque psoriasis of the face or intertriginous areas

- Optimise lifestyle, i.e. not smoking, avoiding excessive alcohol intake and maintaining a healthy weight
- Optimise use of emollients

Child
(consider specialist referral at presentation)

Mild corticosteroid twice daily for up to 2 weeks
Monitor children in diapers closely due to the occlusive effect of the diaper

Satisfactory control?

Yes
Stop treatment, and resume treatment during subsequent psoriasis flare

No
Refer to dermatology for consideration of treatment with a topical calcineurin inhibitor (twice daily for up to 4 weeks), calcipotriol or a low strength tar formulation

Adult

Mild or moderate potency corticosteroid applied 1-2 times daily for up to 2 weeks (max 1-2 weeks per month)
1st line: hydrocortisone 1% cream
2nd line: triamcinolone acetonide

Satisfactory control?

Yes
Stop treatment, and resume treatment during subsequent psoriasis flare

No
Topical calcineurin inhibitor twice daily for up to 4 weeks (initiated by a doctor with expertise in treating psoriasis)

Unsatisfactory control after 4 weeks

Refer to dermatology

https://dermnetnz.org/topics/guidelines-for-the-treatment-of-psoriasis