

Gynaecology

Vulval Clinic: Tacrolimus Ointment 0.1% (Protopic Ointment 0.1%)

What is Tacrolimus?

Tacrolimus is an immunosuppressive medication. This means that it works to suppress the immune system cells in the skin and reduce inflammation.

What is Tacrolimus used for?

Tacrolimus ointment can be an effective treatment for moderate to severe inflammatory skin conditions such as psoriasis, lichen sclerosus, lichen planus, dermatitis and eczema.

Tacrolimus is usually offered to patients who have a poor response to first-line treatments such as emollient creams and steroid ointments.

Studies have shown that patients treated with Tacrolimus ointment, usually notice an improvement in their symptoms after about one week of starting the treatment and maximum improvement at about three months.

How to use Tacrolimus ointment

Tacrolimus ointment is a prescription medicine and should only be used as directed by your doctor. Initial treatment will be for a short period to assess your response. If it is effective it may be continued for six to twelve months if needed. Sometimes it is possible to reduce the treatment to two to three times a week, or reduce the strength of the ointment once the skin condition is under control.

A thin layer of ointment should be rubbed in gently to the affected area **twice a day**. A “finger-tip unit” is usually enough for most patients.

Side effects

Most patients tolerate Tacrolimus ointment well. Common side effects include burning, itching, redness and a warm sensation to the area. These symptoms generally disappear within one week of using the ointment.

Tacrolimus ointment has not been shown to cause skin thinning; however there are concerns that the use of Tacrolimus might increase the risk of skin cancer. It is very important to continue with regular self examination and to keep your follow up appointments at the vulval clinic, so your progress can be carefully monitored.



Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7222 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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