

Gynaecology

Tacrolimus ointment 0.1% (Protopic Ointment 0.1%)

What is tacrolimus?

Tacrolimus is a type of medicine called an immunosuppressant. This means 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 respond poorly to treatments like emollient creams and steroid ointments.

Patients treated with tacrolimus ointment usually notice an improvement in their symptoms after about one week of starting treatment. The maximum improvement is noticed at about three months.

How to use tacrolimus ointment

Tacrolimus ointment is a prescription medicine. It should only be used as directed by your doctor.

The initial treatment will be for a short time to assess your response. If effective, it may be continued for 6 to 12 months.



Patient Information

Sometimes it's possible to reduce the treatment to 2 to 3 times a week. Or to reduce the strength of the ointment once the skin condition is under control.

A thin layer of ointment should be rubbed gently into 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 in the area. These symptoms usually disappear within 1 week of using the ointment.

Tacrolimus ointment has not been shown to cause skin thinning. But there are concerns that using tacrolimus might increase the risk of skin cancer. It's important to continue with regular self-examination and keep to your follow-up appointments at the vulval clinic so your progress can be carefully monitored.

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