

## Gynaecology Department

# Using Dermovate (Clobetasol Propionate 0.05%) Ointment

You should apply your Clobetasol ointment as advised by your clinician to the affected area(s). These are the areas where you notice itch/discomfort or changes in the vulval skin.

One fingertip unit (FTU) is the amount of ointment that is squeezed out from a standard tube along an adult's fingertip. A fingertip is from the very end of the finger to the first crease in the finger. **It does not mean a blob on the fingertip.**

It is usually best to apply the ointment at night time.

**You should apply the ointment according to the following schedule:**

- **First month:** twice daily
- **Second month:** every night
- **Third month:** two nights a week

Most patients find that they need maintenance treatment to stop the condition coming back frequently. A weekly dose is usually enough for most people, however, some need it twice a week.

One 30g tube of Dermovate ointment should last at least three months.

This amount should not cause you to have adverse effects on the treated skin or elsewhere in the body.



## Patient Information

If symptoms keep coming back quickly when you stop using the ointment, you may prefer to use the ointment regularly once or twice a week long term. Long-term use is safe as long as one 30g tube lasts **at least** three months. More than this may cause skin thinning.

The leaflet provided in the packet will tell you not to use this cream in the genital area, but it is safe to do so.

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. There are several alternative ointments and you should contact the clinic for advice - Tel: 024 7696 7222.

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.

### Document History

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