

Short-contact dithranol therapy

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Dithranol, also referred to as anthralin, is a topical agent with both anti-inflammatory and anti-proliferative properties and no significant systemic absorption.

A. APPLICATION

Short-contact dithranol cream should be applied **once daily** on **larger body parts (e.g. upper or lower extremities, trunk) or total body** except for the face and scalp. These body parts include healthy skin and need to be clearly defined and not altered during treatment to prevent erythema on peripheral areas not previously treated.

B. INSTRUCTIONS AND TREATMENT SCHEDULE

Both, concentration of dithranol cream and application time gradually increase during treatment, following treatment schedule below.

- Each fixed combination of dithranol cream concentration and application time should be applied for (at least) three consecutive days. Application at the same time each day is recommended.
- After the right amount of time has passed, dithranol cream should be washed off with water and the use of a hand towel. The skin should be rubbed thoroughly to remove all dithranol cream.
- After washing off, maintenance ointment (e.g. unguentum cetomacrogolis) should be used on the total body.

DITHRANOL CREAM		
Step	Dithranol cream percentage	Time schedule
1	0.05 % dithranol crème	3 days 15 minutes
2		3 days 30 minutes
3		3 days 45 minutes
4	0.1% dithranol crème	3 days 15 minutes
5		3 days 30 minutes
6		3 days 45 minutes
7	0.2% dithranol crème	3 days 15 minutes
8		3 days 30 minutes
9		3 days 45 minutes
10	0.3% dithranol crème ^a	3 days 15 minutes
11		3 days 30 minutes
12		3 days 45 minutes

^a Continue with 0.4%, 0.6%, 0.8%, 1%, 2%, 3%, 5%. Dithranol cream percentage increases every three days.

C. APPOINTMENTS

Although treatment will be performed by the patient or his/her parents at home, regular follow up visits (preferably in a day care setting) are needed to monitor treated skin. It is recommended to schedule two visits in the first week after treatment start, and once weekly thereafter.

D. IRRITATION OR ERYTHEMA

In case of **erythema of the treated, healthy skin** following flow chart should be used.

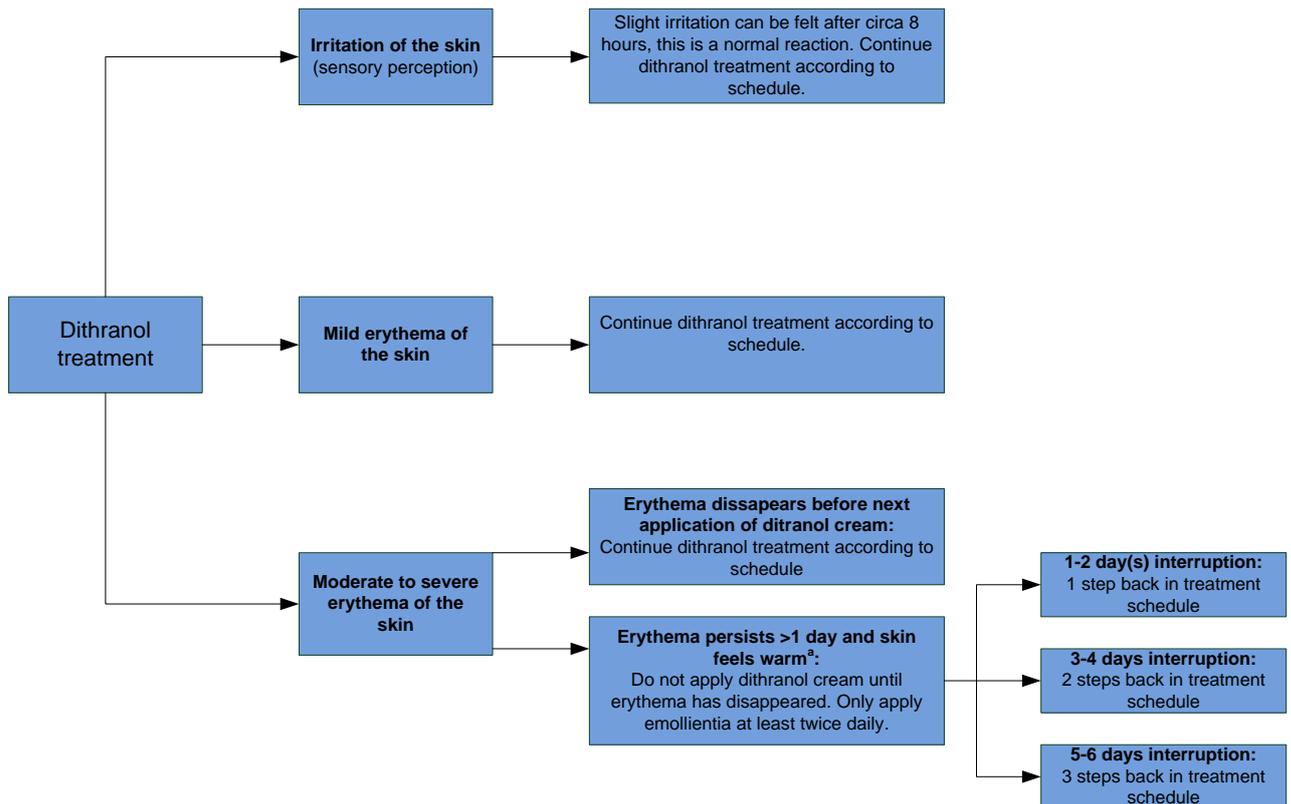


Figure 1. Flow chart in case of Irritation or erythema during dithranol treatment.

^a One step back means either a reduction in time of application of 15 minutes or, if the application time was 15 minutes, a reduction in concentration. Always restart with three consecutive days in the same application time and percentage.

Example:

In case last dithranol cream concentration 0.2% was applied for 15 minutes,

- Two days of interruption (1 step back in treatment schedule) corresponds to 0.1% 45 minutes
- Three days of interruption (2 steps back in treatment schedule) corresponds to 0.1% 30 minutes.

E. PRODUCT: DITHRANOL CREAM

- Dithranol cream should be delivered in tubes to prevent oxidation.
- Dithranol cream should be stored in the refrigerator.
- Dithranol cream causes staining of textile (clothes, towels and bed linen) and bathroom.

- To prevent staining of the bathroom, it should be advised to wet the bathroom tiles and shower basin/bathtub before the patient showers off the dithranol cream. Clean the bathroom tiles and shower basin/bathtub with a cleaning agent directly after showering.