

**NHS Greater Glasgow and Clyde**

**Gynaecology Services**

**How to use Topical Clobetasol Proprionate 0.05% (Dermovate)**



Helpful Measures

**What is Clobetasol Proprionate?**

Clobetasol Proprionate is a type of steroid cream or ointment which can be applied to skin to reduce inflammation. It is also called Dermovate. It used to treat many skin conditions of the vulval area and control symptoms such as itch, stinging or discomfort.

**How should I apply the cream or ointment?**

Apply one fingertip unit of the cream or ointment to affected area. 

First month - apply to affected area once nightly

Second month - apply to affected area alternate nights

Third month - apply to affected area twice a week

After the three month course, you can use the cream or ointment every night for 2 weeks to treat the flare-up and control the itch, then try to reduce the frequency as above.

If symptoms keep coming back quickly when you stop using the cream, you may prefer to use the cream regularly, once or twice a week in the long term. This is called maintenance therapy. Long-term use is safe as long as one 30g tube last at least 3 months.

It is best to apply the steroid at night before you go to bed onto clean skin. An emollient can be applied over the steroid cream or ointment if required.

The numbers below can be used if you are finding treatment difficult and are still attending the specialist vulval clinic.

**Stobhill Gynaecology Clinic (Clinic F)**

0141 355 1209

Alternatively, if you have been discharged from gynaecology follow up, you should seek advice from your own GP or Practice Nurse in the first instance.

**Useful contacts**

**You should always let your doctor know if you have any ulcer, warty areas or bumps which are not healing with the topical steroid treatment or are growing bigger.**

Stinging for a few minutes after application is quite normal. However, if it persists for greater than 1-2 hours after application, you may be sensitive to the cream or ointment. If this occurs, wash the area thoroughly and STOP using the cream. There are several alternative creams and you should contact your clinic for advice.

Long term use is safe as long as one 30g tube lasts at least 3 months, more than this may cause skin thinning.

**Are there any side effects of treatment?**