Types of products

There are many types of OTC products available to help manage psoriasis symptoms. Some are used for specific areas of the body. They can also be used for a specific purpose such as moisturizing, reducing itch or removing scales.

- Moisturizers and bath solutions can be helpful to reduce flaking and itching, and may help in speeding up the healing of affected areas.
- Scale lifters (also called “keratolytics” [ker-uh-toh-lit-iks]) are products that help soften, loosen and remove dead skin cells. Removing dead skin cells is important so that other treatments can penetrate the top layers of skin.

Products can contain salicylic acid or tar in different concentrations or strengths. Higher concentrations are stronger and may cause irritation. Speak with your health care provider if you have concerns or questions about an OTC product.
How do OTC products get a Seal of Recognition?

Medical experts in dermatology (the field of medicine that specializes in skin diseases) and psoriasis patients evaluate and test products for our Seal of Recognition program. These products must show that they are:

- Safe and effective in managing psoriasis symptoms by hydrating the skin, reducing redness or itch, managing plaques and other symptoms
- Non-irritating and contain no chemicals known to cause irritation to psoriasis
- Not harmful
- Able to be used in combination with prescription treatments for psoriasis

How do I use OTC products for specific areas?

The **genital area** is sensitive and can be easily irritated. OTC products should be used cautiously for managing genital psoriasis. Look for moisturizers without fragrance or perfume. Do not apply products that are highly concentrated such as tar products.

OTC products can help manage the symptoms of psoriasis on the **hands and feet**. Some health care providers may recommend occlusion (covering) to increase the effects of topical products for areas such as the hands and feet. This method of applying a topical and covering it should only be used when directed by your health care provider.

**Nail** psoriasis can be difficult to treat. This is because it affects the nail when it is being formed. Topical treatments are generally not able to reach the part where the nail is formed. Prescription treatments may be the most effective option for treating nail psoriasis. But OTC products that are meant for the hands and cuticles may help with moisturizing. You should also keep your nails trimmed short to reduce injury and prevent lifting of the nail from the nailbed.

OTC products can also help manage symptoms of **scalp psoriasis**. Some OTC shampoos, conditioners and topicals help to soften and remove scales, reduce itch and moisturize the skin.

Seal of Recognition products

NPF’s Seal of Recognition can be found on OTC products that are proven safe and effective for managing psoriasis symptoms.

**Curél®**
- Hydra Therapy Wet Skin Moisturizer

**Dermarest®**
- Psoriasis Medicated Moisturizer
- Psoriasis Shampoo Plus Conditioner
- Psoriasis Medicated Treatment Gel

**Gold Bond**
- Multi-Symptom Psoriasis Relief Cream

**MetaDerm®**
- Heal & Prevent Cream

**MG217®**
- Medicated Coal Tar Ointment
- Medicated Coal Tar Shampoo
- Salicylic Acid Multi-Symptom Moisturizing Cream

**Neutrogena**
- T/Gel® Therapeutic Shampoo (available in Extra Strength, Original Formula and Stubborn Itch)
- T/Gel® Therapeutic Conditioner
- T/Sal® Therapeutic Shampoo

What should I do next?

- Speak with your health care provider about what OTC products may be appropriate for you.
- Contact our Patient Navigation Center to find providers, prepare for appointments, discuss treatments and get help with accessing treatments (find contact information below).