Over-the-Counter Product Guide

Although there is no cure for psoriasis and psoriatic arthritis, many of the symptoms can be improved when treated by medical professionals. There also are home treatments that can help ease discomforts, such as itching and dry skin. It is important to follow your doctor’s treatment recommendations, but finding ways to help yourself can increase your sense of control and provide genuine relief. We encourage you to learn about at-home treatments and maintain your overall health.

This fact sheet contains information about over-the-counter (OTC) products that may be useful in treating the symptoms of psoriasis. This is not a comprehensive list. Most are available at major drugstores and supermarkets. We have only listed brand names. However, generic versions of these products may be effective for less cost. Lots of OTC treatments may work for you. Listing a product does not constitute a recommendation or endorsement by the National Psoriasis Foundation.

Skin

If you have psoriasis, it’s important to take care of your skin as a whole – not just the lesions or plaques. The following products are designed to help you do both. They are grouped in categories by what they do for your skin.

- **Stopping the itch.** The following products claim to fight itch. While they may not be specifically aimed at psoriasis itch, they may be helpful. Be aware that these products may also increase irritation and dryness.
  
  - Aveeno Anti-Itch Concentrated Lotion
  - Dermarest Psoriasis Medicated Gel
  - Eucerin Original Healing Repair Soothing Crème
  - Eucerin Calming Itch Relief Treatment
  - MG217 Medicated Lotion
  - MG217 Multi-Symptom Ointment

- **Bath oils and body cleansers.** Many bath oils and shower gels soften and soothe the skin. However, these often include fragrances which can irritate the skin. The products selected for this section are either fragrance-free or formulated for sensitive skin.
  
  - Aveeno Active Natural Skin Relief Body Wash Fragrance Free
  - Neutrogena Body Clear Body Wash

- **Moisturizers.** By moisturizing skin affected by psoriasis, you can help reduce flaking and itching, and speed healing of your lesions.
  
  - Aveeno Skin-Relief Moisturizing Lotion
  - CeraVe Moisturizing Cream
  - CeraVe Moisturizing Lotion
  - Dermarest Psoriasis Medicated Moisturizer
  - Neutrogena Norwegian Formula Body Moisturizer

- **Scale lifters.** It is important to penetrate scale so that medications, moisturizers or ultraviolet light can effectively reach the psoriasis lesion. Scale lifters (called keratolytics) contain ingredients that will help loosen and remove the dead cells by causing them to swell, soften, and detach from the healthy skin. Then the scale will slough off.
  
  - Curel Hydratherapy Wet Skin Moisturizer
  - Dermarest Psoriasis Medicated Treatment Gel
  - Dermarest Psoriasis Medicated Shampoo Plus Conditioner
  - Dermarest Psoriasis Medicated Moisturizer
  - Neutrogena T/Gel Therapeutic Shampoo – Original Formula
  - Neutrogena T/Gel Therapeutic Shampoo – Extra Strength
  - Neutrogena T/Gel Therapeutic Shampoo – Stubborn Itch
  - Neutrogena T/Gel Therapeutic Conditioner
  - Neutrogena T/Sal Therapeutic Shampoo
  - MG217 Dead Sea Soap
  - MG217 Medicated Coal Tar Ointment
  - MG217 Medicated Coal Tar Shampoo
  - MG217 Salicylic Acid Multi-Symptom Moisturizing Cream
Hands, feet, and nails

- **Hands and feet.** It’s very important to keep your hands and feet moisturized. This may mean applying moisturizer several times a day. Occlusion (covering) can be used to intensify the effects of moisturizers. For the hands, cotton or plastic gloves can be used. Socks or plastic bags can be used for the feet. Try occlusion while you sleep or for an hour or two before bed. Do not use pumice stones or exfoliators as this could make plaques worse.

  - Aveeno Intense Relief Foot Cream
  - Aveeno Intense Relief Hand Cream
  - Eucerin Plus Intensive Repair Foot Crème
  - Neutrogena Fast Absorbing Hand Cream

- **Nails.** Because psoriasis affects the nail when it is being formed, treatment is difficult. Topical medications don’t easily penetrate the matrix, where the nail is formed. Most potentially effective treatments for nail psoriasis are prescription drugs, though the following OTC treatments may help. Also, keeping your nails trimmed short can reduce injury and prevent detaching or lifting of the nail.

  - Creative Nail Design Solar Oil Conditioner
  - Earth Therapeutics Nail and Cuticle Care
  - Revlon Cuticle Moisture Cream
  - Sally Hansen Cuticle Massage Cream

Scalp and hair

Scalp psoriasis is very common and can range from very mild (fine, light scaling) to very severe (thick, crusted plaques covering the entire scalp). The following products are marketed for scalp psoriasis.

- Dermarest Psoriasis Medicated Shampoo Plus
  - Neutrogena T/Gel Original Shampoo
- Dermarest Psoriasis Medicated Shampoo Plus
  - Neutrogena T/Sal Original Shampoo

Sensitive areas

Psoriasis can appear in skin fold areas, such as armpits, groin, under the breasts, and around the genitals and buttocks. These areas can often be irritated by friction or from rubbing and sweating.

- **Genital area.** You need to take special precaution when treating this area. Skin on this region of the body is thinner and more sensitive than elsewhere and can be more prone to irritation. Look for moisturizers without fragrance or perfume. Do not apply high-concentration tar products to the penis, scrotum, or vulva, as they can cause irritation. Wash medications off before sexual activity. Then cleanse the area and reapply afterwards.