In people with psoriasis, over 45 percent have it on their hands and over 40 percent have it on their feet. When psoriasis affects the palms of the hands and/or the soles of the feet, it is often called palmoplantar psoriasis. Symptoms include plaques and cracking of the plaques.

There are over-the-counter (OTC) products to help manage symptoms as well as safe and effective treatment options for psoriasis. Your health care provider will recommend treatments based on your severity and your reaction to a treatment.

**What are some OTC products?**

OTC products include moisturizers, mild soaps or products with active ingredients to help reduce symptoms. It may be helpful to soften and remove plaques before using these products. You may consider soaking your hands and feet in warm water with oilated oatmeal powder or bath oil for 20 to 30 minutes. Then use a soft washcloth or bath sponge to remove scales.

OTC topicals or products that include tar, salicylic acid or corticosteroids (also called steroids) can help to reduce inflammation and soften or remove scale. Products with these ingredients may work better together rather than using them alone.

We recommend speaking with your health care provider about all treatments and products that you are using for your psoriasis, including OTC products. They can instruct you on how to use the products most effectively.

Your health care provider may recommend occlusion (covering) to increase the effects of topical products. This can be done by wearing cotton or plastic gloves on the hands or cotton socks on the feet. This method of applying a topical and covering it should only be used when directed by your health care provider.
First-line treatment options

Your health care provider may recommend using one or a combination of the following:

- OTC or prescription topical corticosteroids (also called steroids)
- OTC moisturizers or scale lifters (products to help soften, loosen and remove dead skin cells)
- Prescription topicals, including Dovonex (calcipotriene), Taclonex (calcipotriene plus betamethasone dipropionate) or Tazorac (tazarotene)

These are generally the first treatments recommended according to treatment standards.

Second-line treatment options

If your palmoplantar psoriasis is not controlled by a first-line treatment, then it may be necessary to try one of the following:

- Biologics and oral treatments
- Targeted ultraviolet B light (UVB) phototherapy (also called light therapy)
- Combination of a drug called psoralen and ultraviolet A light (PUVA)

Your health care provider may also consider combination therapy that includes topicals, phototherapy, and a biologic or oral treatment to help reduce symptoms.

It is important to remember that response times to treatments vary among individuals. If your treatment plan is not working or meeting your treatment goals, speak with your health care provider about other treatment options that may be appropriate for you.

What should I do next?

Contact our Patient Navigation Center to find providers, prepare for appointments, discuss treatments and get help with accessing treatments (find contact information below).