Tips for treatment

Psoriasis can show up anywhere there is skin. It sometimes appears on the eyelids, ears, mouth and lips, as well as on skin folds, the hands and feet, and nails. The type of skin at each of these sites is different and requires different treatments. In addition, psoriasis can vary widely among individuals and in its response to treatment.

However, effective treatments are available. It is important to work with your doctor to find a treatment regimen that works for you.
Tacrolimus ointment or pimecrolimus cream won’t cause glaucoma. They are effective on eyelids. However, they can sting during the first few days of use. Using these drugs for eyelid psoriasis may help you avoid the potential side effects of topical corticosteroids.

Psoriasis around the eye is extremely rare. When it does occur, it can cause inflammation, dryness and discomfort. It may impair vision. You may be prescribed topical antibiotics to treat infection. Around the joints and taking into consideration joint tenderness, pain, physical function and morning stiffness.

Psoriasis in the ears

Psoriasis in the ears can cause scale buildup that blocks the ear canal. This buildup may lead to temporary hearing loss. A doctor should remove this scale.

You may want to try over-the-counter ear-cleaning kits that involve squirting small amounts of fluid into the ear and letting it drain. Plain warm water, followed by a thin layer of mineral oil applied with a cotton swab, is also effective for some people. Do not put objects into your ear to scrape out the scale.

Psoriasis generally occurs in the external ear canal, not inside the ear or behind the eardrum.

Prescription corticosteroid solutions can be dripped into the ear canal or applied to the outside portion of the ear canal. Calcipotriene or tazarotene may cause irritation when used alone, so your doctor may prescribe a topical corticosteroid.

The eardrum is easily damaged. Take care when inserting anything rigid into the ear. In addition, be careful not to push scale further into the ear when applying medication inside the ear canal.

Psoriasis in and around the mouth and nose

For a very small number of people, psoriasis lesions appear on the gums, the tongue, inside the cheek, inside the nose or on the lips. The lesions are usually white or gray. Psoriasis in these areas can be relatively uncomfortable. It can cause difficulty in chewing and swallowing food. Most psoriasis treatments for the mouth and nose involve the use of specific topical corticosteroids. These corticosteroids are designed to treat moist areas. You can help relieve oral discomfort by improving hygiene and rinsing frequently with a saline solution of 1 teaspoon of salt per 8 ounces of water.

Your doctor may prescribe low-potency corticosteroids, such as hydrocortisone 1% ointment, to treat psoriasis on the lips. Tacrolimus and pimecrolimus may also be effective treatment options for psoriasis in and around the mouth.