

## CORTICOSTEROIDS

You have been prescribed or advised to use a medication, which belongs to the class of drugs known as corticosteroids (or cortisone). This medication has strong anti-inflammatory effects and can help reduce symptoms of redness, itching, swelling, pain, oozing of the skin, and blistering, as well as other symptoms which you may be experiencing.

These beneficial effects may not be permanent and symptoms may re-appear when the drug has been eliminated from your body. It is our goal to use cortisone medicines carefully and for as short a period as possible in order to adequately treat your problem. It is important that you follow the recommended dosage schedule and take the medicine exactly as directed. Do not use this medicine without medical supervision.

Side effects may occur when taking cortisone, and the longer it is taken, the more likely these side effects are to develop. Reactions to this medicine may include weight gain and swelling of the face, hands or legs. Increased appetite, sleeplessness, and mood changes can also occur. Diabetics may have problems controlling blood sugar or borderline diabetes may be brought out while taking cortisone. Prolonged use may also result in easy bruising of the skin, acne-like eruptions, thinning of the skin and stretch marks. Osteoporosis and bone fragility can develop with long-term use and very rarely, deterioration of joints (such as the hip) has occurred, even with short-term use of steroids. Eye complications with long-term use of cortisone include cataracts and glaucoma. In children there can be suppression of growth, and in women, menstrual irregularities.

It should be stressed that the majority of these side effects are temporary and most are rare. The recommendation that you use a cortisone drug has been made with consideration given to the benefits and potential risks involved. While it is felt that the drug is appropriate in your individual case, the decision to take it is yours. If you have any questions please feel free to ask your dermatologist.

## **DIRECTIONS FOR TAKING ORAL PREDNISONE**

### **14 Days**

33 Tablets of Prednisone 10 mgs

Take in the morning with food and follow the schedule below:

1st day - 4 tablets (40 mg)

2nd day - 4 tablets (40 mg)

3rd day - 4 tablets (40 mg)

4th day - 3 tablets (30 mg)

5th day - 3 tablets (30 mg)

6th day - 3 tablets (30 mg)

7th day - 2 tablets (20 mg)

8th day - 2 tablets (20 mg)

9th day - 2 tablets (20 mg)

10th day - 2 tablets (20 mg)

11th day - 1 tablet (10 mg)

12th day - 1 tablet (10 mg)

13th day - 1 tablet (10 mg)

14th day - 1 tablet (10 mg)