

# The Dermatology Clinic, PLLC

## Clobetasol – CeraVe™ Patient Instructions

We have recommended a mixture of Clobetasol (a topical hydrocortisone) and CeraVe™ (an emollient base) to treat your dermatitis. Please follow these instructions carefully and contact the clinic directly with any questions.

### Step 1:

Purchase a 16 oz tub of CeraVe™ moisturizing cream – available at most drug stores.



### Step 2:

Mix 50 mL of Clobetasol 0.05% solution (prescription) with 16 oz CeraVe™ cream. This is easiest to do in a separate larger tuperware container. This should be clearly labeled.



### Step 3:

Apply to active areas of dermatitis twice daily for two weeks then use 2 days on 2 days off as needed. On off days use plain CeraVe™ cream as a moisturizer. Do not use the medicated mix on your face, groin, or armpits and avoid long term continuous use.