

Proper Use of Medication



Pharmacy Department

Topical Cortisone



Improper use of Topical Cortisone:

Now a days, it is noticed that topical cortisones are widely abused by the population for cosmetic purposes, which is known to cause adverse effects as they are used without medical supervision.

What is Cortisone?

Cortisol is a human hormone secreted from adrenal gland; it plays a key role in maintaining homeostasis within the body:

- Promote normal metabolism.
- Increase resistance to stress.
- Anti-inflammatory action.

Medical application for topical cortisone:



Topical cortisones are used to treat skin conditions such as:

- Psoriasis
- Allergic reaction
- Eczema

Proper Use of Topical cortisone:

- Wash your hands before and after each application.
- Apply sufficient amount to the affected area.
- (Too much or very little application might affect the skin)
- Avoid using this medicine near your eyes or mouth.
- Do not cover the treated skin.
- The frequency and duration of application should be as per the physicians advise.
- Do not expose to sun light directly after use.

Topical Nasal Decongestion

- Nasal congestion is one of the most common symptoms associated with common cold. It happens due to narrowing of blood vessels.
- Nasal decongestant provides temporary relief of these symptoms by dilating the blood vessels.
- It is not recommended to use more than 5 days as it is known to cause Rebound Congestion which will lead to reduced efficacy of the drug and possibility of returning the symptoms.

Antibiotics

- Antibiotics are medications that can be used under consultation of qualified health care professional.
- Antibiotics are required only in case of bacterial infections.
- Finish the recommended period of treatment and do not stop the course even if symptoms improve to avoid bacterial resistance.
- To maximize the therapeutic effect of the Antibiotics, strictly follow the instruction with respect to the time and food.



Vitamins

- Vitamins are required in very small quantities.
- The use of vitamins should be under medical consultation.
- Good source of vitamins can be utilized from natural substances and balanced diet.
- Vitamins are zero energy products that will never supply your body with energy.
- Make sure the vitamins do not interact with your medication or your disease.
- Overconsumption of vitamins lead to hypervitaminosis.

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