

Oral Cortisone

Oral Cortisone:

You are being given a small number of tablets, usually prednisone, to aid in clearing your skin disease. Cortisone is a very effective drug used for a variety of inflammatory diseases. 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. Every attempt will be made to give you the smallest effective dosage so that your condition improves rapidly without developing side effects from the medication.

Side Effects:

Most side effects and complications of cortisone therapy develop when very high doses of medication are used for a short period of time or when moderate dosages are used over a prolonged period of time. **Rarely** side effects may occur with the initial dose.

There are numerous side effects that can develop with cortisone therapy. These include but are not limited to:

- Stretch marks
- Acne like eruptions
- Bruising of the skin
- Heart failure
- Diabetes
- High blood pressure
- Mood changes
- Osteoporosis
- Weight gain
- Glaucoma and/or Cataracts
- Irregular periods
- Suppression of growth
- Dissolving/Necrosis of the hip, jaw, or any bone

Osteoporosis and bone fragility can develop with long-term use and very rarely, deterioration of joints (such as the hip and jaw), has occurred, even with short term use of steroids. Females may notice their periods become somewhat irregular. In children there can be suppression of growth. For skin conditions that are chronic and/ or incurable, small amounts of cortisone at infrequent intervals are generally safe. It should be stressed that the majority of these side effects are temporary and most are rare.

Instructions:

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 ongoing health problems, please let us know so that we can adjust your cortisone dosage appropriately or avoid cortisone altogether.

TAKE: Medrol Dose Pack as directed on the pack

Prednisone --- split the dose. (**½ in the morning and ½ in the evening, take with food**)

_____ daily for _____ day(s)

_____ daily for _____ day(s)

_____ daily for _____ day(s)

_____ daily for _____ day(s)

_____ daily for _____ day(s)

If you have any questions or problems please call Naperbrook Dermatology at 630-739-DERM (3376).