



**Forest Laboratories Europe**

Forest Laboratories Europe is the business name of Pharmax Ltd.

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HEXOR514/WBR/October 2001

GETTING  
THE BEST RESULTS  
FROM  
THE EXOREX  
MANAGEMENT SYSTEM  
FOR PSORIASIS



# INDEX

Page

---

WHAT IS THE EXOREX MANAGEMENT SYSTEM? 3

---

PSORIASIS - SOME BASIC RULES 4 - 5

---

HOW TO USE THE PRODUCTS IN THE EXOREX RANGE - BODY 6  
- SCALP 7

---

DILUTING EXOREX LOTION - OUR SUGGESTED DILUTION PROGRAMME 8 - 9

---

WHAT DO I DO IF? 10

---

SENSITIVE BODY AREAS 11

---

THE EXOREX HELPLINE 12

---

## WHAT IS THE EXOREX MANAGEMENT SYSTEM?

The Exorex range, including compatible moisturisers and cleansers is:-

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### **EXOREX LOTION**

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### **EXOREX MOISTURISING CREAM**

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### **EXOREX SCALP MOISTURISER**

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### **EXOREX HAIR & BODY SHAMPOO**

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- All products in the Exorex Management System have been designed to work together to help you control your psoriasis. This means that you can use one or more products in the range in conjunction with **EXOREX LOTION**. The compatible products, which may be used with **EXOREX LOTION**, are also fragrance free and colourant free.
- **EXOREX LOTION** is the most important product in the Exorex Management System providing relief from psoriasis. It is a patented formulation containing a small amount of prepared coal tar (1.0% w/w) in a base containing a complex of esterified essential fatty acids.

## PSORIASIS - SOME BASIC RULES

With regular treatment it may be possible to control psoriasis and you may remain symptom free for long periods of time. In addition to following the Exorex Management System the following points should be noted:

### ■ **NEVER IRRITATE LESIONS**

Avoid irritants such as perfumed and/or coloured soaps, shampoos, shower gels, body creams, baby oils and moisturisers.

### ■ **NEVER ALLOW LESIONS TO BECOME EXCESSIVELY DRY**

Moisturise as often as needed between **EXOREX LOTION** applications, using compatible moisturisers such as **EXOREX MOISTURISING CREAM** for the body and **EXOREX SCALP MOISTURISER** for the scalp.

## PSORIASIS - SOME BASIC RULES

### ■ **BE CAREFUL WITH ALCOHOL CONSUMPTION**

Some people feel their psoriasis can be triggered or made worse by excess alcohol. Therefore we recommend that you avoid drinking alcohol, especially during the first 3 months of your treatment programme.

### ■ **AVOID CONTACT IRRITANTS**

Certain detergents, deodorants, hair dyes, perfumes and after-shaves can act as triggers. Therefore it is worth keeping a watchful eye on your particular trigger substance and avoid wherever possible.

### ■ **BE AWARE OF YOUR DIET**

Again, some people feel that certain foods can aggravate psoriasis. The 'problem' foods vary greatly from one sufferer to another, therefore you may need to discover what, if any, foods have an effect on your own condition by eating things in isolation and noting whether there are any changes to your condition.

## HOW TO USE THE PRODUCTS IN THE EXOREX RANGE

### BODY

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- Before each treatment, cleanse the affected areas gently using non-irritant compatible cleansers. Pat dry - avoid harsh rubbing.
- In the morning, apply **EXOREX LOTION** to the affected areas of your body. Don't worry about Lotion getting on good skin - no harm will be done. Apply sufficient Lotion so that it dries in approx. 2 minutes. If it dries well before, you have not applied enough. If it dries well after 2 minutes, you have applied too much, and are simply wasting Lotion.
- Once the Lotion has dried, we suggest that you apply a moisturiser such as **EXOREX MOISTURISING CREAM** to the affected areas (on top of the Lotion) and massage in gently until it disappears and dries.
- Repeat the regime at midday (if at all possible).
- Repeat the regime in the evening.

Note: You should not apply **EXOREX LOTION** to the body more than 3 times daily. However, there is no restriction in daily use of **EXOREX MOISTURISING CREAM**. Therefore, you may wish to apply it in between Lotion applications to help reduce itching and irritation, maintain moisture and help remove scaling.

ALWAYS READ THE LABEL ON EXOREX LOTION.

## HOW TO USE THE PRODUCTS IN THE EXOREX RANGE

### SCALP

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- Shampoo hair in the morning (or evening if you prefer) with a compatible non-irritant shampoo such as **EXOREX HAIR & BODY SHAMPOO**.
- Apply **EXOREX LOTION** to the affected areas of the scalp and massage in lightly for a minute (again, do not worry about getting **EXOREX LOTION** on "good skin" - no harm will be done).
- Apply **EXOREX SCALP MOISTURISER** to the affected areas of the scalp and massage in lightly for about a minute. (If you are also using **EXOREX LOTION** on your body you may find it easier to apply the **SCALP MOISTURISER** to your scalp after applying Lotion to the affected areas of your body).
- **DO NOT RINSE OFF**. Repeat at midday (if at all possible) without shampooing hair.
- Repeat midday regime at night. At this time you can replace **SCALP MOISTURISER** with **EXOREX MOISTURISING CREAM** if you feel this would be more beneficial.
- With the **EXOREX LOTION** and **SCALP MOISTURISER**, only you will know that you are using anything. Simply put a brush/comb through your hair once dry.

Note: You should not apply **EXOREX LOTION** to the body more than 3 times daily. However, there is no restriction in daily use of other products within the range. Therefore, you may wish to apply them in between Lotion applications to help reduce itching and irritation.

ALWAYS READ THE LABEL ON EXOREX LOTION.

## DILUTING EXOREX LOTION

### ■ **STRONGER IS NOT NECESSARILY BETTER.**

**EXOREX LOTION** can be diluted to suit individual requirements. For your convenience you can make up a batch of diluted Lotion to last you up to a week at a time.

*Note: Keep made up Lotion in a cool place - such as the door of the fridge (NOT the freezer).*

*Discard any Lotion that is more than 7 days old and make up a fresh batch.*

### ■ **DILUTION IS RECOMMENDED IF:**

You have sensitive skin.

You are a long term sufferer and have used topical steroids in the past.

It is for use on children under the age of 12.

## OUR SUGGESTED DILUTION PROGRAMME

### **1ST WEEK OF TREATMENT**

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Dilute 1 part of Lotion with 5 parts of cooled boiled water  
*(example: 1 tablespoon of Lotion with 5 tablespoons of water).*

### **2ND WEEK OF TREATMENT**

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Dilute 1 part of Lotion with 4 parts of cooled boiled water.

### **3RD WEEK OF TREATMENT**

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Dilute 1 part of Lotion with 3 parts of cooled boiled water.

### **4TH WEEK OF TREATMENT**

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Dilute 1 part of Lotion with 2 parts of cooled boiled water.

### **5TH WEEK OF TREATMENT**

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Dilute 1 part of Lotion with 1 part of cooled boiled water.

### **6TH WEEK OF TREATMENT**

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Full strength Lotion with no dilution.

*If you change from one dilution to the next (e.g. 1 to 4 changed to 1 to 3) and you find the new slightly stronger Lotion to be uncomfortable go back to 1 to 4 for another week before trying 1 to 3 the following week and so on.*

## WHAT DO I DO IF?

### ■ **THE EXOREX MANAGEMENT SYSTEM DOESN'T SEEM TO BE WORKING?**

When you begin using **EXOREX LOTION** the "initial treatment phase" can take 60 to 90 days. Unfortunately as no two psoriasis sufferers are alike, it can sometimes take a little longer for **EXOREX LOTION** to provide its maximum effect. However, if in doubt, and particularly if **EXOREX LOTION** appears not to be having any positive effect, you should seek advice from your Pharmacist, Family Doctor or the Exorex Helpline.

### ■ **I HAVE SENSITIVE SKIN?**

If you are a long term psoriasis sufferer that has used steroid based products in the past, have very sensitive skin or are under the age of 12 you may find it more comfortable to dilute **EXOREX LOTION** at first. (Please refer to diluting **EXOREX LOTION** section on pages 8/9).

### ■ **I NEED TO USE EXOREX LOTION MORE OFTEN THAN 3 TIMES A DAY?**

Applying **EXOREX SCALP MOISTURISER** and/or **MOISTURISING CREAM** as often as needed in between Lotion applications will help reduce itching and irritation, maintain moisture and help to remove scaling. However, you should not apply **EXOREX LOTION** to the scalp or the body more than 3 times daily.

## SENSITIVE BODY AREAS

Certain areas of the body such as the groin are more sensitive than others. **EXOREX LOTION** can be used on all lesions no matter where on the body they occur. However, there are certain tips that may help you to get the best results.

- If the skin is very red and/or tender you should follow the dilution programme as explained on pages 8/9.
- If the lesions on your scalp are thick and very scaly - apply **EXOREX MOISTURISING CREAM** before going to bed (after the Lotion has been used) and the **SCALP MOISTURISER** during the day.
- You should consult your doctor before using **EXOREX LOTION** on sensitive body areas.

### **A WORD OF CAUTION**

Coal tar may cause skin irritation, photosensitivity of the skin and acne-like eruptions. If these occur, the treatment should be reviewed with a health professional and discontinued if necessary.