

Mometasone Cream

Mometasone Furoate 0.1% Cream

Introduction

Mometasone Furoate 0.1% Cream is a **medium to high-potency corticosteroid** used for the treatment of inflammatory skin conditions such as **eczema, psoriasis, dermatitis, and allergic reactions**. It helps **reduce redness, swelling, itching, and discomfort** by suppressing the immune response and inflammation at the application site.

This cream is intended for **short-term use** and should be applied **under medical supervision**, especially for long-term conditions.

Pharmacological Properties

Mechanism of Action

Mometasone furoate is a **synthetic corticosteroid** with **anti-inflammatory, antipruritic, and vasoconstrictive properties**. It works by:

- Inhibiting the release of inflammatory mediators (**prostaglandins, leukotrienes, and cytokines**).
- Reducing capillary permeability, preventing fluid leakage and swelling.
- Suppressing immune cell activity in the skin, decreasing hypersensitivity reactions.

Due to its strong anti-inflammatory effect, it **rapidly alleviates symptoms** like redness, itching, and irritation in various skin disorders.

Indications & Uses

Mometasone 0.1% Cream is used to treat:

Dermatological Conditions:

- **Eczema (Atopic Dermatitis):** Reduces inflammation and itching in chronic eczema.
- **Psoriasis:** Helps control flare-ups by reducing scaling, redness, and thickened plaques.
- **Contact Dermatitis:** Treats skin irritation caused by allergens or irritants.
- **Seborrheic Dermatitis:** Controls scalp and facial inflammation associated with dandruff.
- **Lichen Planus:** Reduces swelling and discomfort caused by autoimmune skin inflammation.
- **Pruritus (Itchy Skin):** Helps in **insect bites, allergic rashes, and localized itching**.

Other Uses:

- **Post-inflammatory Hyperpigmentation (PIH):** Reduces redness and inflammation, preventing dark spots.
- **Insect Bite Reactions:** Relieves allergic swelling and irritation.

It is **not recommended for acne or fungal infections** unless prescribed in combination therapy.

Dosage & Administration

Application Guidelines:

- **Dosage:** Apply a **thin layer once daily** to the affected area.
- **Method:**
 - Clean and dry the skin before applying.
 - Gently rub in a **small amount** of cream without excessive rubbing.
 - Avoid occlusive dressings unless directed by a doctor.
- **Duration:** Use for a **short period (usually 2 weeks)** unless otherwise advised. **Do not exceed 4 weeks** without medical supervision.
- **Missed Dose:** Apply as soon as remembered, but **do not double the dose**.

Special Considerations:

- **Do not apply on open wounds, broken skin, or infected areas** unless instructed.
- **Avoid use on the face, groin, or underarms** unless prescribed, as these areas are more sensitive.
- **Not for ophthalmic (eye) use**—avoid contact with eyes.
- **Tapering is required** if used for prolonged periods to prevent rebound effects.

Drug Interactions

Potential Interactions:

- **Other Topical Steroids:** Concurrent use may increase systemic absorption and side effects.
- **Immunosuppressants (Tacrolimus, Pimecrolimus):** May increase immunosuppression and skin thinning.
- **Antifungal or Antibacterial Creams:** Avoid mixing unless prescribed in combination therapy.
- **Oral Steroids (Prednisolone, Dexamethasone):** May lead to systemic corticosteroid effects if used together.

Avoid Combining With:

- **Strong Retinoids (Tretinoin, Isotretinoin):** Can cause excessive skin irritation.
- **Salicylic Acid or Benzoyl Peroxide (Acne Medications):** May lead to excessive dryness and peeling.

Precautions & Warnings

Contraindications:

- **Hypersensitivity to corticosteroids:** If allergic, avoid use.
- **Bacterial, Viral, or Fungal Skin Infections:** May worsen untreated infections.
- **Rosacea & Perioral Dermatitis:** Not recommended, as steroids can exacerbate these conditions.
- **Skin Atrophy Risk:** Long-term use can lead to thinning of the skin.

Use in Pregnancy & Lactation:

- **Pregnancy:** Use only if **benefits outweigh risks** (classified as **Category C**).
- **Lactation:** If breastfeeding, **avoid applying on or near the breast area** to prevent infant exposure.

Pediatric Use:

- **Not recommended for children under 2 years.**
- Use with **caution in older children**, as prolonged application may suppress **adrenal function**.

Side Effects

Mometasone 0.1% Cream is **well tolerated** when used correctly, but some side effects can occur.

Common Side Effects:

- Skin **burning, stinging, or itching** at the application site.
- **Dryness or peeling** of the skin.
- **Redness or irritation** in sensitive areas.

Rare but Serious Side Effects:

- **Skin Atrophy (Thinning of Skin):** Prolonged use can cause fragile, transparent skin.
- **Striae (Stretch Marks):** May appear on thin skin areas with prolonged use.
- **Telangiectasia (Visible Blood Vessels):** May develop with chronic steroid use.
- **Systemic Absorption Effects:**
 - **Cushing's Syndrome:** Moon face, weight gain, fatigue (if absorbed in large amounts).
 - **Adrenal Suppression:** Occurs with prolonged or high-dose application.

If any severe side effects occur, **discontinue use immediately** and consult a doctor.

Monitoring & Follow-Up

- **Check for improvement** within **2 weeks** of use.
 - **Long-term users:** Monitor for signs of **skin thinning or atrophy**.
 - **Children & elderly patients:** Require **regular assessment** for potential side effects.
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Storage & Handling

- Store at **room temperature (below 25°C)**.
 - Keep **away from heat and direct sunlight**.
 - Do not freeze or expose to extreme temperatures.
 - **Keep out of reach of children.**
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Conclusion

Mometasone Furoate 0.1% Cream is a **potent corticosteroid** that effectively treats inflammatory skin conditions like **eczema, psoriasis, and dermatitis** by reducing **itching, redness, and swelling**. It provides **fast relief** but should be used **for short durations** to prevent long-term side effects like **skin thinning, stretch marks, and adrenal suppression**.

Proper application, **medical supervision, and avoidance of prolonged use** are essential to ensure safe and effective treatment.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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