

### Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.comhttps://practicaldermatology.com/series/dermatology-hub-neuroimmune-network/improving-adherence-to-topical-regimens/48780/>

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### Improving Adherence to Topical Regimens

Zoe Diana Draelos, MD (00:07):

I don't think anybody likes to be sick. And when you give someone a medicine and tell them you have to put this on your skin, people sort of think, "Every time I put this on, it reminds me that I'm sick, that I have atopic dermatitis," for example. So if that topical medication can be incorporated into a skincare regimen and that skincare regimen provides fulfillment for the patient, then compliance will be increased.

(00:31):

So for example, you should recommend a cleanser, then following the cleanser, your topical medication, which is preparation of the skin for a nice moisturizer. And the rest of the skin can then be adorned with other body lotions or other topical products that improve the appearance of the skin.

(00:48):

So incorporating your prescription therapy into a skincare routine that the patient does every day is a way to increase adherence, and also a way to increase self-satisfaction and motivate the patient to continue to use prescription therapies because they're part of a total skincare regimen package.