

**Descaling Treatment**

Clinic for Surgery and Specialized Medicine (KSM)/Department of Rheumatology, Dermatology, and Infectious Diseases /Skin Diseases

Document-ID: 86614  
Version: 4  
Status: Approved

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Approved from:  
11.12.2023

**Name of the Treatment**

Descaling of flakes and plaques on the skin due to skin conditions such as psoriasis and ichthyosis.

**Why is the treatment performed?**

Certain skin conditions cause the skin to thicken, resulting in flakes and scales. Descaling is necessary for medical creams, light therapy, or Grenz ray treatments to effectively penetrate the skin and work optimally. Descaling treatment is typically done at home before undergoing other treatments at the hospital.

**DURING:****How is the treatment performed?****Descaling of the Scalp**

Different preparations are used:

- Salicylic oil 5-10% – for hard plaques/scabs
- Locobase Renew® cream (formerly Locobase LPL®) – for flakes and loose scabs

Procedure:

Apply the oil or cream thoroughly to the scalp. Start at one ear and part the hair with a comb, leaving 1/2 - 1 cm between each parting. Apply the treatment well along the parted lines of the scalp. Continue until the entire scalp is treated. Cover the hair with a shower cap, and the treatment should be left on for at least 6 hours or overnight.

Wash the oil or cream out using liquid soap/shampoo and rinse thoroughly. It may take several washes to remove all the oil or cream.

**Descaling of the Body**

Different preparations are used:

- Salicylic vaseline 2%, 5%, and 10% – for hard plaques/scabs
- Locobase Renew® cream – for flakes and loose scabs
- Combination of Locobase Renew® and Dermovate® ointment (50/50 mixture)

Procedure:

- Take a shower or bath. If the flakes/plaques are only on the hands or feet, you can take a hand or foot bath.
- Apply ointment or cream to the areas of skin covered with thickened skin. The type of ointment will depend on the doctor's prescription. The ointment should be applied morning and evening, or as prescribed by the doctor.
- A combination of Locobase Renew® and Dermovate® ointment may be prescribed if the skin condition is active and continues to produce thick plaques or flakes. Dermovate® ointment will help reduce disease activity.

Repeat the treatment daily as prescribed by your doctor until all scales and flakes are removed.

**How long does the treatment last?**

Descaling can be time-consuming and may need to be done regularly to achieve the full effect of other treatments such as medical creams, light therapy, or Grenz ray therapy.

**AFTER:****Side Effects and Complications**

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There is a limitation on how large areas of the body can be treated with salicylic preparations at the same time due to the risk of salicylic poisoning.

50% of an adult's body should be treated at once. For example, you can treat the lower body on the first day and the upper body the next day.

For children, salicylic preparations should be used in consultation with a doctor.

### Local Information Regarding Follow-Up

If you have questions about how to perform descaling, you can contact the nurse at telephone number 23 07 58 03 on Tuesdays from 14:00 to 15:00 or Fridays from 08:00 to 09:00.

### Other eHandbook Documents

[Grenz Ray Therapy, Information for Patients.](#)



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