

# THE SCHACHNER LADDER: ATOPIC DERMATITIS THERAPY MADE EASY



## Mild-to-Moderate Disease

(A)	TWICE DAILY EMOLLIENTS + MEDICATION	DURATION
If moderate	Triamcinolone (medium potency CS) + TCI or PDI	Twice daily for 3-5 d
If mild	Alclometasone (low potency CS) + TCI or PDI	Twice daily for 3-5 d
Controlled	TCI or PDI to areas of predilection	Twice daily for 2 wks
Maintenance	TCI or PDI to areas of predilection	Twice weekly



## Moderate-to-Severe Disease

(B)	TWICE DAILY EMOLLIENTS + MEDICATION	DURATION
If severe	Clobetasol (high potency CS) + TCI or PDI	Twice daily for 3-5 d
If moderate	Triamcinolone (medium potency CS) + TCI or PDI	Twice daily for 3-5 d
If mild	Alclometasone (low potency CS) + TCI or PDI	Twice daily for 3-5 d
Controlled	TCI or PDI to areas of predilection	Twice daily for 2 wks
Maintenance	TCI or PDI to areas of predilection	Twice weekly

Abbreviations: CS, Corticosteroid; PDI, Phosphodiesterase 4 inhibitor, TCI; Topical calcineurin inhibitor

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## FOR MODERATE TO SEVERE ATOPIC DERMATITIS

### IF SUCCESSFUL:

- Titrate down
- TCI's 2x a week or role for PDI or topical steroid
- Emollients only

Abbreviations: PDI, Phosphodiesterase 4 inhibitor; TCI, Topical calcineurin inhibitor; IFN-G, Interferon gamma; IVIG, intravenous immunoglobulin; MMF, Mycophenolate mofetil

### IF UNSUCCESSFUL:

1. Patch testing
2. Tar
3. Class I-II topical steroids
4. Prednisone
5. Dupilumab
6. IVPS
7. UVA, UVB, narrowband UVB
8. Cytotoxic and Biologic agents: cyclosporine, MMF, cyclophosphamide, azathioprine, methotrexate
9. IFN-G subcutaneously
10. IVIG
11. Relaxation / Massage therapy / Behavioral / Probiotics

### Clinical Resources/References

Atopic Dermatitis Made Easy: The Schachner Ladder (<https://onlinelibrary.wiley.com/doi/abs/10.1111/pde.13862>)

American Academy of Dermatology – Atopic Dermatitis Clinical Guideline (<https://www.aad.org/member/clinical-quality/guidelines/atopic-dermatitis>)