

# Timolol (topical)

Timolol 0.5% Eye drop,

Timolol 0.5% Eye drop (gel forming)

**FOR TOPICAL USE ON SKIN (NOT FOR OPHTHALMIC ADMINISTRATION)**

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**Note:**

This guideline provides advice of a general nature. This statewide guideline has been prepared to promote and facilitate standardisation and consistency of practice, using a multidisciplinary approach. The guideline is based on a review of published evidence and expert opinion.

Information in this statewide guideline is current at the time of publication.

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Health practitioners in the South Australian public health sector are expected to review specific details of each patient and professionally assess the applicability of the relevant guideline to that clinical situation.

If for good clinical reasons, a decision is made to depart from the guideline, the responsible clinician must document in the patient's medical record, the decision made, by whom, and detailed reasons for the departure from the guideline.

This statewide guideline does not address all the elements of clinical practice and assumes that the individual clinicians are responsible for discussing care with consumers in an environment that is culturally appropriate and which enables respectful confidential discussion. This includes:

- The use of interpreter services where necessary,
- Advising consumers of their choice and ensuring informed consent is obtained,
- Providing care within scope of practice, meeting all legislative requirements and maintaining standards of professional conduct, and
- Documenting all care in accordance with mandatory and local requirements

## Dose and Indications

### **Treatment of solitary superficial Infantile Haemangioma (non-ulcerative, not near mucosal surfaces)**

#### **Topical Application**

Apply 1 drop to the lesion twice daily

Where multiple lesions are present, consult dermatology

For early and flat infantile haemangiomas topical timolol may have partial benefit. For established or palpable haemangiomas which require treatment, oral beta-blocker propranolol is recommended

## Preparation and Administration

### **Topical Application**

#### **How to apply**

Using a gloved fingertip spread the single drop of timolol 0.5% gently to cover the entire lesion and gently rub in. A glove does not have to be used but hands should be washed with soap and water after application

Discard 4 weeks after opening bottle



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## Adverse Effects

### Common

Skin irritation

### Rare

Likelihood of systemic adverse effects with topical use of timolol on intact skin is rare

## Monitoring

- > Monitoring is not required for topical timolol

## Practice Points

- > Topical timolol can be considered for solitary superficial focal lesions without features necessitating systemic treatment (e.g. propranolol)
- > Avoid use in ulcerated infantile haemangiomas, multiple lesions, areas with thinner skin (e.g. eyelids) due to increased risk of systemic exposure of timolol
- > The eye drop/eye drop(gel forming) is applied TOPICALLY on the lesion
- > Caution when used in pre-term and/or underweight infants as they may be at increased risk of side effects
- > Onset of action may be delayed compared to oral propranolol. Educate parents/caregivers on the importance of compliance
- > If lesion does not improve, or progresses, consider other treatment options. **Consult Dermatology for advice**



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### References

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### Document Ownership & History

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