

Seborrheic Dermatitis

- A common, non-contagious skin disorder that causes itchy, flaking skin in areas where the skin is oily, such as the scalp, around and inside the ears, eyebrows and around the nose.
- Some cases of seborrheic dermatitis may be caused by an overabundance of normally harmless skin yeast. The yeast produces substances that irritate the skin and make it itchy and red.
- Stress and immunocompromised systems can lower a person's resistance to the yeast, resulting in a worsening of symptoms. On the scalp, seborrheic dermatitis appears as dry pink or flesh-colored patches with a yellow scaly surface.

Treatment:

- There is no way to cure seborrheic dermatitis and many mild cases may get better on their own.
- Medications can be helpful for controlling a flare and reducing symptoms.
- Treatment options for seborrheic dermatitis include:
 - Antifungal shampoos and creams
 - Topical corticosteroids
 - Non-prescription shampoos containing tar, pyrithione, selenium sulfide, and/or salicylic acid.

NOTE: The side effects of these medications are extremely low; however, caution must be made to not use prescription steroids for longer than two weeks, as thinning of the skin may occur.



bliss dermatology
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Maintenance Treatment:

- Prescription Shampoo: Ketoconazole
- Over the counter Shampoo: Selsun blue with Selenium Sulfide
 - Instructions:
 - Use weekly to wash the scalp. Lather in scalp, leave on 5-10 minutes, then rinse out.
 - It is important to leave on the scalp and face as the shampoo needs to soak into the hair follicles.

Topical cream:

- Ketoconazole
- Econazole
- Promiseb

Instructions: Apply twice daily to the affected areas on the face/ears.

Topical Steroids:

- Fluocinonide
- Clobetasol Solution
- Olux Foam
- DermOtic
- Hydrocortisone
- Triamcinolone cream

Instructions: Apply steroid 1-2 times daily to face/scalp/ears as needed for flares.

- Do not use daily, no more than 15 days out of 30.
- If worsening or improvement does not occur, please contact our office.