



ADVANCED DERMATOLOGY
of the Midlands

Seborrheic Dermatitis

Basic Information Seborrheic dermatitis is a skin condition that includes redness and scaling that sometimes may be itchy. Areas of skin involved may include the scalp, ears, central chest, eyebrows, and along the nose. This problem is thought to occur because of an overgrowth of yeast that is normally present in smaller numbers on the skin. An allergic reaction to these yeast organisms may also play a role. This condition is also at times, especially if mild, called dandruff. Psoriasis of the skin may appear similar and may overlap with seborrheic dermatitis.

Treatments

Shampoos

Antidandruff shampoos can be of benefit. It's a good idea to rotate your shampoos regularly and have a few different shampoos available (eg Nizoral® shampoo Mon and Thu, Head and Shoulders® Tue and Fri, etc...). Some of these (Head and Shoulders and Nizoral®) may also be used as a facial or body wash on affected areas. Lather, leave in 5 minutes, then rinse. Keep out of eyes, nose and mouth.

Over-the-Counter shampoos that may be useful include:

Nizoral®	Neutrogena T-gel®
Head and Shoulders®	Neutrogena T-sal®
Selsun Blue®	Others/generics®

Topical Medications

Topical Steroid

Hydrocortisone 2.5%	Cutivate®
Aclovate®	Synalar®

Topical anti-yeast

Nizoral® (Ketoconazole)

Your doctor may want you to use the medicines in combination as follows:

A. Combine a pea-sized amount of the steroid and the anti-yeast creams (1:1) mixture and mix in the palm of your hand. Apply twice daily for 7-12 days until better, then apply the anti-yeast cream alone for up to one more week. For minor flare-ups, try the anti-yeast cream alone twice a day for 2 weeks. For more severe flares, try both together. Try to not use the steroid cream more than every few months.

B. Apply the steroid cream in the morning and the anti-yeast cream at night for 7-12 days, until better, then apply the anti-yeast cream alone for up to one more week. For minor flare-ups, try the anti-yeast cream alone twice a day for 2 weeks. For more severe flares, try both together. Try to not use the steroid cream more than every few months.

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