

SCALP TREATMENTS FOR SEBORRHEIC DERMATITIS PATIENT HANDOUT:

When using shampoos, massage the shampoo into the scalp and let it stand for 5-10 minutes. Then rinse the shampoo out and use your shampoo and/or conditioner of choice.

There are shampoos available by prescription [Capex (fluocinolone), Nizoral 2% (ketoconazole), Loprox (ciclopirox)] and over-the-counter (nizoral, selsun blue, products containing tar (T-GEL/DHS tar/Zetar), products containing salicylic acid (T-sal/DHS sal), and products containing zinc pyrithione (DHS zinc/head and shoulders).

They seem to work best is used three times a week. Often alternating different types work better than either one alone.

A number of prescription medications containing steroids may also be used. Dermasmoothe oil/solution (fluocinolone) may be used on a nightly basis. Olux (strong and used only for 2 weeks at a time: clobetasol) and Luxiq (medium: betamethasone) are two steroid foams that may also be used and are easily rubbed into the scalp area. Carmol Scalp kit is a non-steroidal combination product containing 10% sulfacetamide lotion, a shampoo with 10% urea and a treatment brush.

SENSITIVE TREATMENT AREAS.

A number of treatment modalities have been used to include antifungals (ketoconazole), immunomodulators (elidel/Protopic) and lower class topical steroids (hydrocortisone, desonide, cutivate).

In the morning Apply _____

In the evening Apply _____