

SEBORRHEIC DERMATITIS

YOU HAVE BEEN DIAGNOSED WITH SEBORRHEIC DERMATITIS



WHAT IS IT?

A skin condition that causes scaly patches and red skin, mainly on the scalp. Sometimes, the affected skin itches.

- Reddish color.
- Swollen and greasy appearance.
- White or yellowish crusty scale on the surface.

TREATMENT

1. Apply Dermasmoothe scalp oil to the scalp at night. Rub into the scalp. If your ears are itchy, you may rub the oil into your ears and behind your ears. Leave on overnight. Use this a **maximum of four times per week**.
2. In the morning, wash out with the **Ketoconazole Shampoo**. Lather the areas, leave on for 3-5 minutes then rinse off. Use the shampoo every other day. You may use over the counter shampoos such as Neutrogena T-Gel or Tea Tree Oil.
3. Then apply **Ketoconazole Cream** to the affected areas. You may do this every day.
4. If you are red a flaky, apply a steroid the to the area a maximum of 3-4 times per week. Because this is a steroid, we don't want it used more than three times per week on the face. Steroids such as Hydrocortisone Cream (over the counter) or weaker prescription steroids such as Desonide, or Triamcinolone 0.025%