

KERATOSIS PILARIS

YOU HAVE BEEN DIAGNOSED WITH KERATOSIS PILARIS (KP)

WHAT IS IT?

Keratosis pilaris is a condition that causes rough patches and small, acne-like bumps on the skin. The bumps are usually on the arms, thighs, cheeks, and buttocks. They're white, sometimes red, and typically don't hurt or itch.

HOW DID I GET IT?

KP develops when the skin produces too much of a protein called keratin, which can block hair follicles and cause bumps to develop. Scale fills the follicle instead of exfoliating. Researchers are unsure why some people develop this excess keratin, and others do not. People with dry skin, eczema, and skin allergies are more likely to develop KP than others.

TREATMENT

No cure is available for keratosis pilaris but the following may be useful:

- Non-soap cleansers (soap may exacerbate dryness)
- Rubbing with a pumice stone or exfoliating sponge in the shower or bath
- Moisturizing cream containing urea, salicylic acid or alpha-hydroxy acids, or glycolic acid
- Topical retinoids
- Pulse dye laser treatment or intense pulsed light (IPL) - this may reduce the redness (at least temporarily), but not the roughness
- Laser assisted hair removal



PRODUCTS



Designed to reduce rough, uneven skin tone and texture, smoothing away unsightly bumps and reducing the appearance of rough skin and scaly plaques.

Glytone KP Kit utilizes high concentrations of Glycolic Acid to provide gentle exfoliation, reducing the appearance of red and inflamed bumps, rough and dry skin patches, and cracked heels, elbows, or knees.

Glytone KP Kit is not recommended for the face