

# 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%