



Seborrheic Dermatitis

Seborrheic dermatitis is a condition caused by reaction of the immune system towards yeast on the skin surface.

- It often appears as red and/or flaky patches
- This condition often affects the scalp (dandruff), on the face around the nose and eyebrows, and on the chest and back
- There are various over the counter (OTC) and prescription strength (Rx) medications to control this condition.

Treatment options for active flares:

- **Face:**
 - **Anti-fungal treatment:** apply 1-2 times a day during flare
 - Ketoconazole cream (Rx)
 - [Clotrimazole / Lotrimin cream](#) (OTC)
 - **Anti-inflammatory treatment:** apply 1-2 times a day during flare
 - [Hydrocortisone 1% cream](#) (OTC)
 - Hydrocortisone 2.5% cream (Rx)
 - Triamcinolone 0.025% cream (Rx)
 - Elidel cream (Rx)
- **Scalp:**
 - Fluocinonide 0.05% solution apply 1-2 times a day during flare (Rx)

Treatment options for maintenance (to prevent future flares)

- **Scalp:**
 - Lather and leave on affected areas for 10 minutes 1-3 times per week
 - [Selsun Blue Shampoo](#) (OTC)
 - Ketoconazole (Nizoral) Shampoo (Rx)